

Letter from the Director:

It has been a busy time here at NAMI Wayne-Holmes and MOCA House. You can read further in the newsletter about the NAMI Ohio Retreat and the completion of Family-to-Family by 10 family members. This month our CIT Advisory Council toured the Heartland Behavioral Care facility.

I had the opportunity to attend a training by Penny Frese on the Red Flags Program that can help teachers, parents and children learn about mental health and the “red flags” to watch for in friends and students.

The co-facilitator of our suicide survivors support group, Carrie Nettle, and two other members of our local LOSS Team and I were recently able to attend “Exploring Grief after Suicide: A Workshop for Caregivers” by Dr. Alan Wolfelt. Dr. Wolfelt has written several books on grief and some specifically on suicide loss. We all came away feeling recharged in our goal of supporting persons/families that have lost a loved-one in this tragic way.

Please remember our WALK for Wellness coming up on May 20th at the Secrest Arboretum. We have lots of fun things to do that morning and we have some awesome prizes for the individuals and team that bring in the most donations. We will also have door prizes. Don't miss this special event that helps keep our programs available to the community at no cost.

Helen Walkerly

“WALK for Wellness”

Our Annual *WALK for Wellness* fundraiser is quickly approaching. The Walk will take place on Saturday, May 20th. It will be held at the Secrest Arboretum on the campus of the OARDC again this year. We would love for you to join us.

To register for the Walk, go to walkforwellness2017.eventbrite.com.

NAMI Ohio Retreat

On March 28 and 29, four went to Columbus to participate in the NAMI Ohio Retreat and Legislative Day. On the first day of the retreat, we were treated to a wonderful lunch in the Statehouse where we listened to a number of speakers, including Governor John Kasich (pictured below with Tracy Plouck of the Ohio Department of Mental Health and Addiction Services).



Another powerful presentation was from Lori Vick, a Cleveland news personality, whose husband struggled with depression and died by suicide. It takes a great deal of courage to share these very personal stories and we thank Lori for her willingness to speak out on behalf of her husband and others who are left behind in these tragedies.

We had the pleasure of having Representative Daryl Kick (Holmes) join us at our table for lunch along with our own MHRB Director, Judy Wood. After lunch, we went off to visit other local legislators. We were able to spend a bit of time with Representative Scott Wiggam (Wayne Co), Senator Larry Obhoff (Holmes Co) and brief time with Senator Frank LaRose (Wayne Co).

This is a picture of the chocolate with the NAMI grassroots stamped in it, which was made for all attendees by Mary Spada from Cleveland. Thanks Mary, what a way to honor the NAMI family.



The second day of the retreat was spent attending workshops and getting recharged as advocates by Retired Ohio Supreme Court Justice Evelyn Stratton.

Stay connected with us: “Like” NAMI Wayne and Holmes Counties and MOCA House Program on Facebook!



Warriors’ Journey Home Gala

Our Director, Helen Walkerly, represented the Wayne County chapter of the Warriors’ Journey Home Healing Circle at the WJH fourth annual Gala Dinner and Silent Auction on Tuesday, April 4th. The event was held at Guy’s Party Center in Akron. She is pictured below with WJH originator, Jon Schluep. Please remember to spread the word that the Wooster WJH group meets to support veterans on the first and third Sunday evenings each month.



Family Education Class Successful

The 12-week *Family-to-Family* class ended on April 8th. We had a total of 10 students complete the program. They learned about mental illness, the brain, medication, communication, and other important topics that can assist them in understanding their loved-one.

If you are a family member and are interested in getting into the next class, please call the office so we can notify you when the next class is to begin. A Holmes County class is being planned for the fall. Remember, the class is free, but registration is required.

Evening DBSA Support Group Going Strong

The evening Depression Bipolar Support Alliance (DBSA) support group is still meeting weekly on Mondays from 6:00 to 7:00 pm. The group is facilitated by Jackie Hunter and other DBSA-trained facilitators.

The group is for anyone who is challenged by a mood disorder and is looking for weekly support in their recovery. Call the office if you have any questions.

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