

## Letter from the Director:

By the time you read this newsletter, we will have celebrated the Christmas holiday and will be looking toward a New Year.

As we enter 2019, we look forward to supporting and educating family members, reaching out to persons who are left behind due to a loved-one's suicide and serving the persons who come to MOCA House to work on their recovery.

With best wishes for a peaceful, and blessed New Year,

*Helen Walkerly*

## Crisis Intervention Team (CIT) Training

During the week of October 29<sup>th</sup> we had 23 officers engage in the 40-hour Crisis Intervention Team (CIT) training. Officers from Apple Creek PD, College of Wooster Security, Doylestown PD, Holmes County Adult Probation, Holmes County Sheriff's Office: Road Deputies and Correction Officers, Millersburg PD, Orrville PD, Rittman Emergency Medical Services (EMS), The Ohio State University PD, Wayne County Adult Probation, Wayne County Sheriff's Office: Road Deputies and Corrections, and Wooster PD.



Pictured are the officers who graduated from CIT on November 2<sup>nd</sup>. Congratulations to all!

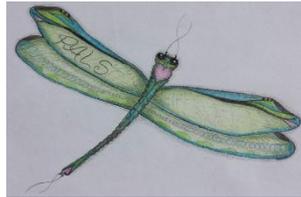
The officers learned about major mental illnesses, suicide prevention, de-escalation techniques and other topics related to some of our most vulnerable citizens. The goal is safety of the person in crisis, the officer and the community and to get people into treatment.

Included in the training were various speakers from the mental health field, ride-alongs with case managers and role play scenarios. Thanks to everyone involved; it really is a community effort.

Special thanks to the CIT Advisory Council who assist in planning and implementing of this vital program: Jerome Fatzinger & Joshua Miller (Wooster PD), Cindy Kuhl (Adult Probation), Dave Williams (Juvenile Probation), Robert Ecker (Wayne Co. Sheriff's Office), and Betty Riggs (Wayne County Dispatch), Dawn Ross and Helen Walkerly the CIT Coordinator, both of NAMI. Working with the team of officers that help put this training together is an honor. If you see any of them, be sure to express appreciation to them for their efforts.

## Healing from the Loss of a Loved-One's Suicide

Once again, NAMI, and our PALS support group, hosted the



*International Survivors of Suicide Day* on November 17<sup>th</sup>. This day is part of the American Foundation of Suicide Prevention and set aside annually by an Act of Congress to honor those who have lost a loved one to suicide. This was NAMI's fourth year to host this event and we are proud to partner with AFSF in doing this. We had a hearty breakfast, watched a short video, and engaged in a healing discussion.

Thanks to Carrie Nettle for her continued involvement in this event as well as her commitment to the suicide survivors group (PALS) that meets the 4<sup>th</sup> Tuesday of each month from 5:30-7:00 pm. Please spread the word about this support group. The grief from this tragedy is challenging and it is often complicated due to the stigma surrounding suicide.

If you are a member of a group that would like a presentation on suicide prevention, give us a call and we will help you make that happen. Also, if you are interested in being a part of our Wayne-Holmes Suicide Prevention Coalition, call Helen at the office.

## Family Education Starting

The next **Family to Family** Education class will begin January 12, 2019 at the NAMI offices in Wooster. This 12-week course is for families and friends of adult persons with a serious mental illness. The program is taught by trained family members who have lived with this experience and have been trained to be a teacher of the program. The course and materials are free. For more information or to register, call Dawn at the office at 330-264-1590. The course is free but you must register.

## Pizza Sales for Super Bowl Weekend



Once again we are taking orders for those delicious pizzas we make available for Super Bowl weekend. **Orders with payment are due no later than January 16<sup>th</sup>.** The pizzas can be picked up at the NAMI office on Friday (2/1) from 11-4 or for purchases of 10 or more, we can deliver.



Images from NAMI/MOCA House Christmas Party.

**Merry Christmas from all of us at NAMI Wayne and Holmes Counties.**

**Remember to check out the MOCA Gazette and calendar to catch up with what's happening in that program and feel free to contact us if you have any questions.**

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