

## Letter from the Director:

Happy Spring to everyone! It looks as though spring has finally arrived in Ohio. It is nice to see the trees in bloom after a long cloudy winter.

We have been very busy here at the office. CIT Advisory Council provided a training on April 13<sup>th</sup> for 30 Fire/EMS on major mental health disorders and de-escalation techniques. We were able to do this with a grant we received from Wooster Rotary to provide speakers and the Beaverson Foundation provided the lunch. Thanks to both for making this possible as well as to Wooster Police Officers Jerome Fatzinger and Joshua Miller for their role in planning and helping to present at this event.

I recently came upon some T-shirts from our local history. The picture shows the original NAMI Wayne Holmes shirt and the other is a shirt from the MHRB in a similar era. We had these two shirts framed along with a plate showing that we were established in 2000. Next year will be the 20<sup>th</sup> anniversary of NAMI Wayne and Holmes Counties.



On April 25<sup>th</sup>, we held a Volunteer Appreciation Celebration here at NAMI with 44 of our dedicated volunteers in attendance. Everyone shared what they did to support the organization and their history with us. It was a great learning experience for all. **THANK YOU** to all of our dedicated volunteers. We could not do it without you.

We recently attended the Wayne-Holmes United Way luncheon and the Orrville Area United Way dinner. We are grateful to both of these organizations for seeing the importance of our recovery services. We are proud to be a funded partner of each. Thanks to both for their support of the MOCA House Program.

On May 15<sup>th</sup> a small group of us will be attending NAMI Ohio's Annual Meeting and Legislative Day. We will be visiting our local representatives to advocate for mental health funding as they work through the budget process. Please feel free to call or email your local state representatives and ask them to support mental health funding.

Lastly, we are also in early stages of planning for our Annual Gathering on August 22<sup>nd</sup>. Mark your calendars so you don't miss the special guest speaker we have lined up as well as a great meal and fellowship.

I look forward to seeing many of you soon. Please remember our WALK for Wellness on May 18<sup>th</sup>.

*Helen Walkerly*



## May is Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental health condition.

During the month of May, NAMI and participants across the country are bringing awareness to mental health. We fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families. And, each year, the movement grows stronger.



We believe that Mental Health issues are important to address all year round, but highlighting these issues during May provides a time for people to come together and display the passion and strength of those working to improve the lives of all Americans whose lives are affected by mental health conditions.

1 in 5 Americans will be affected by a mental health condition in their lifetime and every American is affected or impacted through their friends and family and can do something to help others.

Check out our Facebook page each day this month for a fact, statistic or reminder of Mental Health awareness. As another symbol of support, wear green this month. We will have green ribbons available at the WALK as well as colored ribbons for suicide prevention. Try to get yours then if you don't already have one.

In celebration of "May is Mental Health Awareness Month" we have displays in 4 libraries: Holmes County District Library in Millersburg, Wayne County Library (Wooster and Creston Branches), and the Orrville Public Library. Stop in and check out these displays and let the libraries know that you appreciate their efforts. Thanks to our own Jen Grim for making this happen.



## Education Class Successful

The 12-week *Family-to-Family* class ended on April 6<sup>th</sup>. We congratulate the seven students who completed the program. Thanks to Donna Neff & Betsy Hamm for teaching the class this time. We appreciate your commitment to this program.

If you are a family member and are interested in getting into a 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.



Our Annual *WALK for Wellness* fundraiser is quickly approaching. The WALK will take place on Saturday, May 18<sup>th</sup>. It will be held at the Secret Arboretum, Miller Pavilion, on the campus of the OARDC again this year. We would love for you to join us. **To register for the WALK, find forms on our website or go to [WALKforwellness2019.eventbrite.com](http://WALKforwellness2019.eventbrite.com).**

Continued on next page



## WALK for Wellness Event Sponsors

Let's give a hearty round of applause to these generous sponsors of our 2019 WALK for Wellness!

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