



Support Groups...

All support group meetings are free and open to the public. New participants are welcome.

Mood Disorders Group for Women Only. Evening meetings on the 2nd Tuesday each month at 6:30 p.m. at the ADAMhs Board office and day meetings on the 4th Tuesday of each month at 11 a.m. at the ADAMhs Board office on State Route 66 south of Archbold, T-761 SR 66. Contact: Jammie at 419/770-9488, or Katie at 567/239-5477.

Mental Health Support Group — Bryan. For adults with any diagnosed or undiagnosed mental illness. Meets on the 3rd Thursday every month at 7 p.m. in the Horizon Apartment commons, 617 N. Walnut St., Bryan. Contact: Mark at 419/913-8576.

NAMI Four County. For family members and friends of persons with a mental illness. Meets the 1st Tuesday each month at 7 p.m. at the ADAMhs Board office. Contact: Katie at 567/239-5477.

Support Group for Family Members, Friends. This group is primarily for family members and friends of persons with a diagnosed or undiagnosed mental illness. Meets the third Monday every month, 6:30 p.m. at the First Presbyterian Church, 506 Oxford Dr., Bryan. For more information, please contact Gail at 419/212-1911 or Jodi at 419/769-5106.

Survivors After Suicide. For anyone 15 or older who has lost a loved one to suicide. Meets the first Thursday of the month at 7 p.m. at the Four County ADAMhs Board, T-761 SR 66, Archbold. For more information, please call Pam at 419/267-3355, ext. 7.

16th annual Candlelight Vigil

for Mental Health will be held Sunday, October 4 at St. John United Church of Christ on the Defiance College campus. The program starts at 6 p.m. with a one mile walk across campus, weather-permitting, and fellowship to follow at the church. Pictured are some of last year's walkers. See Page 6 for more details about the evening.

From homelessness...

The PATH to getting back on track in northwest Ohio

Homeless? In rural northwest Ohio?

Although rural homelessness may not look the same as it does in a large city, the impact on the men, women and families who have no safe, dry place with a bed, bathroom and utilities to call home is the same.

Earlier this year, NAMI Four County members visited The PATH Center in Defiance to learn what it means to have no bed of your own at night. Instead, you close your eyes in the back seat of a car or the sofa in a friend's living room.

NAMI also learned about the services that The PATH Center provides people who need a hot meal or a temporary place to stay. Last year, 100 men, 67 women and 39 children stayed a total of 5,883 days at the Center.

Located on the east side of Defiance (1939 E. Second St.), The PATH Center operates a homeless shelter that can house as many as 30 people (fewer when housing families) for up to 45 days while the staff works to find them affordable, independent housing. It also provides a soup kitchen and drop-in center where lunch is served every day of the week and has seven single room occupancy apartments – all located at the Richland Place building.

Last year, The PATH Center served 10,830 meals to persons staying at The Center as well as others who drop in for a nutritious, hot meal and fellowship with others. On average, about 35 meals are served each day on a food budget of \$1,000 a year. Obviously, The PATH Center receives a lot of food and cash donations to supplement what is budgeted.

All of these services, which are available to persons from across the area, are operated by the Northwestern Ohio Community Action Commission.

According to a 2013 American Housing Survey, 30 percent of all rural northwest Ohio households were cost burdened – meaning that more than 30 percent of the family's income was spent on housing costs.

Consequently, one major, unexpected expense or the loss or reduced hours of a job can quickly escalate to the point that a family loses their home or gets evicted from an apartment.

Another factor that contributes to the risk of homelessness is mental illness. About one-third of all homeless adults suffer from a mental illness. The lack of a strong support network – whether family or friends – also

Please see **PATH back** on Page 4



As baby boomers age, scope and cost of Alzheimer's explodes

research updates...

More than 28 million baby boomers will have Alzheimer's disease (AD) by 2050, and they will account for nearly 25% of Medicare spending by 2040, according to an analysis done for the Alzheimer's Association and presented at their international conference this year. This updated study is based on the current rate of new AD diagnoses.

Simply put, the prevalence of AD in the baby boom generation will rise from 1.2% in 2020 when most baby boomers will be in their 60s and 70s to 50.1% in 2050 when most will be in their 80s and older. By 2040, more than twice as many baby boomers will have AD (10.3 million) that the equivalent age group has in 2015 (4.7 million). The reason for the huge increase is the size of the baby boom generation. Additionally, it is expected that as the generation ages the disease will become increasingly severe.

And, the increase in Medicare costs of treating AD (in constant 2014 dollars) grows from \$11.86 billion to \$328.5 billion by 2040. Those are just treatment costs. Related costs such as home care and nursing home care are not covered by Medicare, but are out of pocket costs.

Saliva test for AD?

A new Canadian study shows that metabolites in saliva may be able to discriminate normal aging from mild cognitive impairment and Alzheimer's disease. If this proves accurate and dependable, then there would be a relatively inexpensive easy way to test for AD compared to the use of biomarkers in the brain.

The research by Shraddha Sapkota, a PhD student in the Neuroscience and Mental Health Institute at the University of Alberta in Canada, was reported at this year's international Alzheimer's conference. She noted that this is in the very early stages of research, but the use of saliva offers promise at detecting the disease as early as possible.

Ultrabrief ECT shows promise, fewer side effects

Ultrabrief pulse stimulation electroconvulsive therapy (ECT) may be better overall than standard ECT in the treatment of severe depression, according to a study published online July 21 in the *Journal of Clinical Psychiatry*.

While the results in treating the depression are similar, the big gain is that the ultrabrief ECT causes fewer cognitive side effects or memory loss.

Strong genetic ties to major depression discovered

For the first time, researchers have found two genetic regions associated with major depression that will hopefully provide new treatment targets for the disorder. The research from an international group of investigators was published online July 15 in *Nature*.

It involved nearly 10,600 Chinese women with major depression.

Patrick Sullivan with the University of North Carolina's department of psychiatry and genetics said that of all complex illnesses major depression has "proved the trickiest to understand. Despite decades of research, there is little certainty about its biological basis, in part because genetic clues to its etiology have

been hard to find."

The new research identifies two genetic ties for further study and hopefully will provide targets for treatment options for major

depression.

Research links bipolar to altered brain development

Areas of the brain involved with the regulation of emotion develop differently in adolescents with bipolar disorder, according to research published online in *Biological Psychiatry*.

Investigators at the Yale School of Medicine found that adolescents with bipolar disorder showed greater gray matter reduction over time and less white matter expansion compared with healthy adolescents.

"Demonstrating that the brain circuitry of emotional regulation develops differently in adolescents with bipolar disorder is important because it helps to (understand) how bipolar disorder develops, which can lead to improvements in treatments in individuals experiencing symptoms of the disorder and interventions to prevent the disorder from developing," explained senior author of the study Hilary Blumberg, M.D.

The researchers used two high resolution MRI scans roughly two years apart of 35 adolescents with bipolar I disorder and 37 healthy adolescents to reach their conclusions.

Bipolar diagnosed earlier, but mortality remains high

Bipolar disorder is being recognized at younger ages, but so far it hasn't led to a drop in mortality says a study from Denmark that was reported at this year's annual meeting of the American Psychiatric Association.

The observational study used national registers in Denmark for the first ever report of bipolar disorder and causes of death between 1995 and 2012. Some 15,333 incidents of bipolar disorder were recorded with the mean age falling from 54.5 years in 1995 to 42.4 years in 2012. However, the mortality rate for this population was essentially unchanged.

The researchers note that the majority of patients died from natural causes, but accidents and suicides accounted for a larger part of deaths in bipolar patients compared with the general population.

Biomarker to predict suicide?

Elevated activation of something called the kynurenine pathway (which is a series of chemical reactions that occur within the cell) may be an objective indicator of suicidality in teens with major depression, according to a study presented at this year's annual meeting of the American Society of Clinical Psychopharmacology.

In a study of 50 depressed teens with major depression, this activation was elevated in those with a history of suicide attempts and those who were acutely suicidal, but not those teens who weren't. Whether the kynurenine pathway is elevated is determined by a blood test. If this can be replicated in larger samples, it could be very helpful.

"Right now, all we have when trying to assess suicide risk is the kids' words that they are suicidal or that they are not. We don't have any good, clear way in the medial world to measure that quantitatively," said Kaily Bradley, PhD, from the Icahn School of Medicine at Mount Sinai in New York.

"If we can do a blood test in the emergency room and the KP is

Biomarker for suicide

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elevated, we can keep the patient overnight,” added senior author Vilma Gabbay, MD.

“The common clinical risk factor is past suicide attempt, so linking it to biology...can increase our chances to prevent suicide.”

Suicide risk factors for soldiers

Enlisted soldiers in the US Army have a far higher risk for suicide than officers, according to a study published online July 8 in the *JAMA Psychiatry*. Additionally, soldiers with any mental health diagnosis were at high risk along with females (more than males) and enlisted soldiers were at greater risk earlier in their service than later, particularly during a first tour of duty.

The study noted that enlisted soldiers made 98.6% of all suicide attempts even though they represented only 83.5% of active duty soldiers compared to officers who accounted for just 1.4% of the suicide attempts yet represent 16.5% of the population.

Interestingly, another study published May 1 online in *Psychiatric Services* found that veterans who use VA services have lower suicide rates than those who don't. *Meaning: The first step to seeking help is the most important step to getting better.*

The same study compared suicide rates for veterans and non-veterans between 2000 and 2010. The suicide rate among veterans increased by about 25% compared to 12% among non-veterans. And, among female veterans the rate increased by 40% compared to a 13% increase among non-veterans.

Predicting schizophrenia

A serum biomarker test may be able to help identify individuals who will go on to develop it. The panel of 26 biomarkers, more than half involved in inflammatory responses, had an excellent predictive performance for identifying individuals who developed schizophrenia within two years. The study appeared in *Translational Psychiatry* online July 14.

Best bet to prevent relapse after first schizophrenia episode

Starting a long-acting injectable after the first episode of schizophrenia is a better way to avoid relapse and control symptoms than an oral antipsychotic, according to a study reported online June 24 in *JAMA Psychiatry*.

“Our findings indicate that long-acting antipsychotic medications should become a first-line treatment soon after the initial episode of schizophrenia,” said first author Kenneth Subotnik, PhD, at UCLA. “This may be the period in which use of long-acting antipsychotic medication has the greatest impact on the course of the disorder.”

Some 86 patients participated in the year-long study. There was a six-fold difference in relapse prevention in favor of the long-acting injectable risperidone compared to the oral version. And, the treatment provided better control of hallucinations and delusions.

Nicotine and schizophrenia

Typically it has been thought that the reason smoking is so prevalent among persons with schizophrenia is that the nicotine provided a type of short-term self-medication. However, new research reported in the online July 9 issue of *Lancet Psychiatry* suggests that smoking may play a causative role in the illness.

The study was an analysis of 61 studies involving 14,555 tobacco smokers and 273,162 nonsmokers and included individuals from many countries.

The investigators hypothesized that if the high rate of smoking

research updates...

among people with psychosis was related to self-medication, then smoking rates could be expected to be normal at the time of the first psychotic episode and then increase in reaction to the symptoms. Instead, the

analysis found that 57% of the people with a first episode of schizophrenia were already smokers.

Brain differences indicate how schizophrenia progresses

Two neuroimaging studies have indicated how well individuals with schizophrenia will respond to treatment and how likely they are to develop psychosis. Both studies were presented in March 2015 at the International Congress on Schizophrenia Research.

One study used MRI scans during and after treatment to show that connectivity in one area of the brain correlated with a good response to treatment while connectivity in another part of the brain predicted a poor response. The researcher noted that using the MRI scans could help a psychiatrist realize much sooner that a patient who was not responding to treatment would likely not respond even if the treatment was tried for a longer period of time.

The other study showed that elevated levels of hippocampal glutamate were predictive of a high risk schizophrenia patient who ultimately experienced a full psychosis. The elevated levels were not present in those who did not develop a psychotic experience.

Simple memory test may predict cognitive trouble to come

Older adults who perform poorly on the Memory Binding Test are at increased risk of developing mild cognitive impairment and dementia, according to research presented at this year's Alzheimer's Association International Conference.

Memory binding is a process of linking memories. Neurologist Richard Lipton said, “Our belief is that the Memory Binding Test may be a cognitive marker of preclinical Alzheimer's disease, and it's cheap, noninvasive, easy to do, takes only 10 minutes, and can be done in a doctor's office by any trained person.”

Among 281 persons free of dementia and mild cognitive impairment at baseline, 54 developed it during follow-up and those with poor baseline performance on the test were two times more likely to develop it.

Among 312 who were free of dementia at baseline, 34 developed it and among the group with poor baseline performance the likelihood was four times greater.

Dr. Lipton said the test may be a behavioral method for flagging people well before cognitive impairment starts to determine who should or shouldn't have other, more costly testing done such as amyloid PET scanning.

Additional AD research...

A study reported at the 2015 Alzheimer's Association International Conference said **aerobic exercise** for as little as one hour three times a week not only **reduced cognitive decline and improved symptoms of persons with dementia, but may reduce AD biomarkers such as amyloid in the brain.**

A drug often found in cough medicine (dextromethorphan/quinidine) **shows promise for reducing the agitation that some AD patients experience.** Reported at the annual meeting of the American Academy of Neurology this year.

Women with mild cognitive impairment decline twice as fast as men, according to a study reported at the Alzheimer's Association International Conference. The research didn't explain why this occurs, but noted that it's an important finding since 2/3 of Americans with AD are women.

PATH back from homelessness

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increases the likelihood of becoming homeless.

Additional risk factors include: any type of disruption in education that can make it difficult to find a job that pays enough to afford even minimal housing, a spotty work history, difficulty making timely rent or mortgage payments, and a lack of reliable transportation.

In rural areas, families living in poverty are more likely to have a female head of the household. Nearly 40 percent of rural female-headed families live in poverty – about 10 percent higher than urban areas.

When a homeless individual or family seeks shelter at The PATH Center, a case manager is assigned to assess their situation and determine what needs to be done so the client can find and maintain stable housing.

PATH Center staff have a “housing first philosophy,” which means the focus is solving the client’s most urgent need first and then addressing other needs the client may have. And, at The PATH Center, housing is never contingent on the client seeking and complying with clinical services that they may also need.

Rather, staff have found that once the chaos of homelessness is eliminated from the client’s life, clinical and social stabilization occurs faster and is more enduring. While housing at the shelter is usually limited to 45 days, case management can be offered for up to two years.

Last year, the shelter’s average daily census was 16 individuals each night, while the number of clients receiving case management at any one time averaged about 45 households.

Other than housing, PATH Center staff help with referrals and support in establishing services to meet other needs. They also help with employment search and placement, transportation, distribution of government commodity foods and locally donated produce and bread items, and opportunities for

positive social interactions and education.

The PATH Center receives funding from the Four County ADAMhs Board, the United Way of Defiance County and the Ohio Development Services Agency. However, donations of food, hygiene products and household items in addition to financial support are crucial to fully support all of the services and programs that The PATH Center provides needy individuals.

According to PATH case manager Mindy Kingsbury, items that can always be used include: laundry detergent, towels, blankets, sheets, pillows, shampoo, shaving cream, razors, coffee, milk and butter. The Center also accepts used and new household supplies (plates, pots and pans, small appliances and so forth) to distribute to formerly homeless persons as they establish permanent housing.

Volunteers also help with meal preparation and serving, facilitating activities such as crafts, cleaning and maintenance projects, and fund raising.

If you or your group would like to discuss donating or volunteering, please contact Mindy at The PATH Center at 419/782-6962 or mkingsbury@nocac.org.



Nutritious, hot lunches...In addition to serving as a homeless shelter, The PATH Center in Defiance also provides a daily noon meal for anyone who stops by including Shelbi Cain and Nathan Craddock. Mindy Kingsbury (right) is the Center’s case manager. The PATH Center serves 20 to 35 meals every day, last year serving more than 10,300 meals.

One Step At A Time 5K run/walk to prevent suicide September 19

Although the pre-registration deadline for the One Step At A Time 5K has passed, you can still participate and register at the event (\$25/no t-shirt) to support efforts to raise awareness of and prevent teen suicide.

Event day registration starts at 7:30 a.m. Saturday, Sept. 19 at the George Smart Athletic Center on the Defiance College campus. The race or walk begins at 9 a.m.

Online registration can be done at www.davesraces.com and depending on when you do so, you may get a t-shirt. However, pre-registration deadlines have likely closed by the time this newsletter is received.

The race is in memory of Scott Hammersmith, a 16-year-old Defiance H.S. sophomore who completed suicide in 2006.

Since 2011, Scott’s mother, Sherri, and her friends have organized the race to raise money and awareness of teen depression and suicide with the goal of helping people understand that *Depression is Treatable and Suicide is Preventable*.

Proceeds from this year’s event will support various suicide prevention programs in Defiance County schools. If you would like to make a donation to support this, please make your check payable to One Step At A Time, Charlene Schlatter, treas., 15032 Campbell Rd., Defiance, Ohio 43512.

PATH Center facts...

Location: 1939 E. Second St., Defiance.

Hours: Weekdays — 8 a.m. to 5 p.m. with lunch served noon to 1 p.m. Weekends and Holidays — 10 a.m. to 1 p.m. with lunch served 11:30 a.m. to 12:30 p.m.

Operated by: Northwestern Ohio Community Action Commission.

Services provided: Homeless shelter for men, women and families; soup kitchen & drop-in center; single room occupancy apartments; case management for clients or persons who have been clients; distribution of government commodity foods.

Number of people served last year: Homeless shelter — 100 men, 67 women and 39 children for a total of 5,883 days of shelter. Soup kitchen: 10,380 meals served. Case management: Average active daily case load was 45.

To donate or volunteer: Contact — Mindy Kingsbury at 419/782-6962 or by email at mkingsbury@nocac.org.

Family matters...

One more time...

By Janet Hitchcock

“When the world says give up, Hope whispers *try it one more time.*”

This anonymous quote has been with me for the last few weeks. Its truth has been my mantra for, oh ... the last thirty years. I'm sure it has been yours, too, as you continue to interact with your loved ones with mental disease. It would be so much easier to give up, but how do you give up on someone you love? I can't; however, sometimes the whole thing just makes me angry.

I mean, really, can't someone figure this all out and find a cure for these diseases so we can all live what we imagine normal to be? I

would hope so.

Hope. The sustenance that fuels our persistence. *Hope*—the reason I try one more time.

St. Augustine said, “Hope has two beautiful daughters, and their names are Anger and Courage. *Anger* at the way things are, and *Courage* to see that they do not remain as they are.” Maybe some of our answers lie in that partnership.

Many of our loved ones have the “*Anger at the way things are*” part down pat. We temper our anger as we try to deal with theirs.

I'm guessing our part in this is the

“*Courage to see that they do not remain as they are.*” Channeling our anger at the disease, rather than the diseased, helps Courage to show us the next step. Working together, as a family, we have Hope.

NAMI is one definition of that Hope. Refusing to accept “the way things are,” researchers, teachers, support group leaders, administrators, and members courageously work together to see to it that things do not remain the way they are.

Because of NAMI, we who walk the daily walk of supporting our mentally ill loved ones can rest assured help is available. We are not alone. There are others who understand and know what we are experiencing. That gives us the Courage to stand up to Anger and live in Hope...one more time. And then one more time again. And again.

From all of us, NAMI, thank you for Family to Family. Thank you for offering help and support. Thank you for the educational materials and for training leaders who have walked in our shoes. Thank you for the abundant list of resources. Thank you for the endless volunteer hours put in by NAMI members and the generous donations to help the organization thrive. Thank you for whispering *try it one more time* when we are ready to give up.

Thank you for Hope.

Note: Janet and her husband, Jim, are graduates of NAMI's Family to Family class, a free 12-week class offered twice a year by NAMI Four County. A fall class has just started in Wauseon. If you are interested in the class, please call the instructors, Roger and Sharon Weaver, at 419/335-1099.

3 free NAMI mental health education classes set for fall

If you act now, it's not too late to participate in any of NAMI's free mental health education classes this fall.

Family to Family, a 12-week, 2.5 hour class for family members or friends of adult loved ones with a diagnosed or suspected mental illness, such as depression, bipolar, schizophrenia or anxiety disorders, started Monday, September 14 in Wauseon at the First Church of God, 507 N. Fulton St.

The class is held from 6 to 8:30 p.m. and participants are accepted through the second week of class. Each week different topics are presented and discussed to help family members better understand their loved one's illness, its treatment, what they can expect, and how to plan for and be supportive of their loved one.

For more information about the class or to register, please **contact** the class instructors **Roger and Sharon Weaver at 419/335-1099.**

Peer to Peer is a 10 week class for adults who have a mental illness. *It starts Monday, October 5 at 6:30 p.m.* at the ADAMhs Board office on State Route 66 south of Archbold (T-761 SR 66).

Much like Family to Family, the class explains the symptoms, cause and treatment of most major mental illnesses. The recovery process is explained and discussed and the practice of “mindfulness” is continually presented in the class.

Peer to Peer, a 1 1/2 hour class,

emphasizes activities the person can use to better monitor their illness as well as steps that they can take while they are doing well to prepare for possible relapses.

To learn more about Peer to Peer or to register for the class, please **contact Katie Beck,** one of the instructors, **at 567/239-5477.**

NAMI Basics is a 6 week, 2.5 hour class for parents, grandparents or caregivers of children and teens with an emotional, behavioral or mental health problem — diagnosed or not.

The fall NAMI Basics class *starts Saturday morning, October 17 from 10 a.m. to 12:30 p.m.* at the ADAMhs Board office south of Archbold on State Route 66 and continues through Saturday, November 21. Participants also receive an extensive binder of information that is relevant for youth who experience these problems.

To learn more about NAMI Basics or to register for the class, please **contact Lisa Holley,** the NAMI Basics class coordinator, **at 419/438-7384.**

All NAMI mental health education classes follow a curriculum that has been professionally developed by NAMI. And, the classes are taught by trained individuals who share similar life experiences with those taking the class. In other words, they are either family members with a loved one who has a mental illness (Family to Family and NAMI Basics) or someone recovering from a mental illness (Peer to Peer).

Mental Health Awareness Week — October 4-10

NAMI Four County and a number of behavioral healthcare providers in the area have printed and will distribute 20,000 mental health awareness placemats and tray liners to nearly 35 cooperating restaurants, senior centers, hospitals and community meal locations for use later this month through the first part of October.

Additionally, NAMI Four County with support from the Sandy Potter memorial fund will distribute nearly 3,800 bookmarks to the area's public libraries to give to patrons as they check out books.

If you eat where the placemats are used or get a bookmark at a library, please thank them for helping raise awareness and understanding of mental illness.

NAMI spaghetti dinner fundraiser will be November 5 at Stryker Lutheran Church

A spaghetti dinner will be held from 5 to 6:30 p.m. Thursday, Nov. 5 at the First Lutheran Church, 701 S. Defiance St., Stryker.

In addition to spaghetti, the menu includes salad, bread, a variety of desserts and beverage. A free will offering will be asked for the meal.

Archbold Boy Scout Troop 63 will help with the serving and clean-up.

Those attending can also participate in a Chinese auction where you buy tickets (\$1 each or 6 for \$5) to enter drawings for baskets that include gift certificates as well as other donated items. The winning ticket for each basket of items will be drawn at the end of the evening and winners do not need to be present to win.

As the newsletter went to press, the following items have been donated by Bryan area merchants: Williams County Community Theatre, 2 tickets to the December show and 2 season tickets for 2016; Family Video gift cards; Autozone car cleaning supplies; Alternatives Salon, manicure and pedicure packages from Kylie Myers, Hannah Doehrmann and Cindy Milliman; Original Cut, salon products from Teri Woolace; Erin Armitage, \$50 toward a photo shoot; and Burr House, breakfast for four.

Also from the Archbold area: Pettisville Meats gift card; Home Restaurant gift card; Carol Ann's City Café gift card; gift certificates to Lange's Bakery; Savvy Dog, basket full of pet goodies; passes to Sauder Village; and Archbold Equipment, boxed Farmall tractor and caps.

Also: Fred Ott Inc., Monster Treads truck; Gerald Grain, two gift certificates; Michigan and OSU trash cans; stained glass picture from Caroline Gretick; a boy doll and scooter from Lois Pifer; and insulated beverage containers from the F & M Bank.

More items are being collected.

A 50/50 raffle is also planned and NAMI will be taking orders for a variety of sizes and types of poinsettias for Christmas.

Please see *Spaghetti dinner* on Page 7

Candlelight Vigil — Sunday, October 4

Shining a light on mental illness

For 16 years, NAMI Four County has lit a candle — actually hundreds of candles now — the first Sunday every October to raise awareness, understanding and support for individuals and families living with mental illness through its Candlelight Vigil for Mental Health.

With speakers sharing their experiences and messages of recovery, the program and walk provides a clear beacon of hope. It begins with the understanding that mental illness is a disease that has a cause and various medical treatments that are successful nearly 80 percent of the time.

The message is one of encouragement and support to seek that medical help that offers hope for a life where symptoms are controlled

and managed. So, individuals and families can live, love and enjoy life again.

This year's Candlelight Vigil starts at 6 p.m. on Sunday, October 4 at St. John United Church of Christ, 950 Webster St., Defiance at the north side of the Defiance College campus.

Speakers include Lee Dunham, president of NAMI Ohio; Valarie Lashaway, a NAMI Basics class instructor; Kevin "Squishy" Barber, a professional comedian; and Pastor Tim Reynolds from Zions Lutheran Church in Defiance.

Refreshments and fellowship follow the program and walk.

Once again, the Four County ADAMhs Board is sponsoring the taping and rebroadcast

Please see *Candlelight Vigil* on Page 7



Nearly 35 persons attended NAMI's summer picnic at Ruihley Park in August. NAMI's next social event will be the annual holiday potluck and gift exchange on Thursday, December 3 starting at 6 p.m. in the Scout Cabin in Archbold's Ruihley Park. All NAMI members and friends are welcome to attend. Holiday party details will be published on NAMI's website in November.

Health Partners of Western Ohio is accepting new patients at its clinics in Bryan and Defiance.

Patients will have access to a primary care physician, nurse practitioners, and the Health Partners' pharmacy and pharmacist. Services are provided on a sliding fee basis and most insurances, including Medicare and Medicaid, are accepted.

Call 419/636-0410 (Bryan) or 419/782-8856 (Defiance).

NAMI Four County meetings & programs

All NAMI meetings, which are open to the public on the first Tuesday of the month, start at 7 p.m. at the ADAMhs Board office unless otherwise noted.

For the most up to date meeting information, please visit NAMI's website at www.namifourcounty.org. Programs will start to be scheduled later this fall for 2016.

Sunday, October 4

16th annual Candlelight Vigil for Mental Health at St. John United Church of Christ, Defiance. Program starts at 6 p.m. *There will be no regular October NAMI meeting.*

Tuesday, November 3

Dr. Mercado, psychiatrist with Promedica Defiance Regional Hospital, will be our presenter.

Thursday, December 3

Annual NAMI and support group holiday party and dinner starting at 6 p.m. at the Scout Cabin in Archbold's Rauhley Park.

Candlelight Vigil

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of the program on TV-26.

"We very much appreciate the generosity of the ADAMhs Board for making it possible for people to watch the program on TV-26," said Katie Beck, NAMI Four County president. This year's program, as well as those from past years, can be viewed on NAMI's website for those with Internet access (www.namifourcounty.org).

TV-26 broadcast schedule...

Last year's program can be seen on TV-26 at 9 p.m. on September 21, 23, 26, 28, 30 and October 3.

This year's program will be broadcast on TV-26 at 9 p.m. on Wednesday, October 7 and then at 9 p.m. every Monday, Wednesday and Saturday through October 24.

NAMI spaghetti dinner

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The flowers are grown by suppliers for Kirchers Flowers in Defiance. For every poinsettia order placed at the dinner, the person submitting the order will be entered in a drawing for a gift from Kirchers Flowers.

Upton Heights: more than just housing, a real shot at recovery

A new 10-unit apartment providing supportive housing for persons who have both a mental health and substance abuse diagnosis and are at risk of homelessness is scheduled to open later this year on the east side of Defiance near the Kroger store.

Upton Heights' apartments are each 650 square feet and include a bedroom, living area, bathroom, kitchen and closets. The facility also includes a community kitchen with a dining area that can be used for meetings as well as a great room at the building entrance where residents can watch television or visit.

The property is managed by New Home Development, which also operates a 10-unit supportive housing complex in Bryan for residents with a diagnosed mental illness.

Some clinical services such as counseling, case management and group meetings, will be provided on site by Recovery Services of Northwest Ohio. Transportation will be provided for other medical appointments.

During good weather, a number of services are within walking distance of Upton Heights, including: social service agencies, a grocery store, restaurants, a soup kitchen, churches, and employment opportunities.

Recovery Services clinical director Teresa Eicher, LISW-S, explains that Upton Heights will serve an important need that the area has been lacking.

"Clients struggling with mental health and chemical dependency issues often struggle to find stable housing and environments that are supportive of their recovery due to limited access to resources," she said. "Additionally, individuals transitioning out of a residential

facility (for addictions) are often overwhelmed with going from a very structured environment to having to create their own structure on their own.

"Many times, these individuals need high levels of support and encouragement in setting up sober supports, getting to treatment appointments and going to self-help groups. By providing them with a stable environment and treatment and monitoring in their environment, this will offer a greater likelihood that they remain treatment and recovery focused," she said.

"Finally," Eicher said, "by having service providers on site, staff and client contact occurs in a very ongoing manner, thus increasing the likelihood that clients will utilize staff as a resource and support."

The \$1.3 million project is primarily funded by the Ohio Finance Housing Agency, \$758,000, and the Ohio Department of Mental Health and Addiction Services, \$500,000. Other funding partners include: the Four County ADAMhs Board, New Home Development, the State Bank, the Northwest Ohio Housing Coalition and Community Development Finance Fund.

2-1-1

Need help? Don't know who to call? Get answers. Always toll-free, 24 hours a day, every day.



Upton Heights, a 10-unit apartment complex for persons who have been diagnosed with both a mental illness and a substance addiction who are also at risk of becoming homeless, is scheduled to open later this year on the east side of Defiance near the Kroger store. Some clinical services, such as counseling and support groups, will also be offered on site. This is a view of the building's back side.

Mancino's will donate portion of its sales Monday, Sept. 28 to NAMI

The Mancino's Restaurant in Archbold will donate a portion of its sales on Monday, September 28 to NAMI Four County once again this year. This includes dine in, carry-out and drive through orders.

NAMI members will be on hand during the lunch and dinner hours to run food orders to the tables, clear and clean tables as well as help with the dishes. Information about mental health, NAMI and quilt raffle tickets will also be available for guests as they enter. Last year, the chapter made nearly \$330 from the fund raiser.

Mancino's is located on South Defiance Street by the railroad tracks.



If you need to contact *The Advantage*, please email Lou Levy, the editor, at — louandrene@artelco.net or call — 419/393-2515.

NAMI Four County 2015 Membership Form

Now is the time to join the nation's largest advocacy group for mental health.

NAME: _____

ADDRESS: _____

PHONE (daytime): _____ (evening) _____

E-MAIL ADDRESS: _____

Membership Levels: ___ \$35 individual/family ___ \$3 individual/family on limited income
___ \$50 corporate member rate

Please mail your 2015 NAMI Four County dues to:

NAMI Four County, Attn: Dan Beck, treasurer, 06789 Co. Rd. 1950, Stryker, Ohio 43557.

Check out NAMI Four County's updated website.

www.namifourcounty.org

Photos, Links to Service Providers Serving the Area, Free Class Schedules, Support Group Meeting Times & Places, Information on Mental Health, and Links to Other NAMI and Mental Health Websites

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