



Support Groups...

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

Mood Disorders Group for Women Only. The group meets twice a month — the 2nd Tuesday at 6:30 p.m. and the fourth Tuesday 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.

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: Dave at 419/966-3006.

Bryan 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. *Note: The group will not meet in December.*

Defiance Support Group for Family Members, Friends. This group is for family members and friends of persons with a diagnosed or undiagnosed mental illness. Meets the second Tuesday each month at 7 p.m. at Zion's Lutheran Church, 1801 E. Second St., Defiance. For more information, please contact Wendy at 419/785-4072.

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 Nancy at 419/439-6907 and leave a message or Tonic at 419/267-3355, ext. 5.

Support groups: helping families gain knowledge, strength and hope

Peer led support groups are an invaluable part of recovery for individuals and families. While they do not replace counseling or medications, peer support can provide things that a therapist or medicine can't.

NAMI-sponsored support groups provide a free, confidential place where families or individuals dealing with mental illness can meet and talk or listen candidly to other people who are just like them. People who have experienced the same ups and downs. People who understand and can offer practical ways of looking at problems that other friends or family members simply cannot fathom.

Ultimately, support groups are places where people listen nonjudgmentally and offer hope that things will get better.

Wendy Golden, who recently started a family support group in Defiance, explained that at support group "you are not alone."

"You will be among people who share the

same frustrations, anger, trials and triumphs," she said. "As you talk, you may see heads nodding and sometimes even chuckles because the others know where you are coming from."

However, a NAMI-sponsored support group doesn't require participants to share. Sometimes people just listen.

"Our hope is that as a new person hears others share and talk that they will eventually feel comfortable to share their story," Wendy said.

The Bryan family support group, led by Gail Sito, started after a 12-week mental health family education class ended. Through the class, a trust and bond had developed among the participants, Gail recalls, and they didn't want it to end. So, she agreed to take the NAMI training to become a support group facilitator so they could continue to meet monthly to support one another as they had in the class.

Please see *Support groups offer* on Page 3

NAMI dinner nets over \$3,900

NAMI Four County's spaghetti dinner fundraiser last month netted \$3,911 through event sponsorships, free-will donations and various raffles that were held during the evening.

Members of Archbold Boy Scout Troop 63 helped serve the dinner to nearly 200 persons.

Proceeds from the dinner are used to support NAMI's free community mental health education classes and support groups as well as mental health awareness campaigns.

More details about the fundraiser are on Page 7.



Happy Holidays



from the Four County ADAMhs Board and NAMI Four County

National report says most mental illness, substance use disorders go untreated

According to the latest national survey on drug use and mental health by the Substance Abuse and Mental Health Services Administration (SAMHSA), there continues to be a large treatment gap for mental illness and substance use disorders.

Last year, one in five adults had symptoms that met the criteria for a mental illness or a substance use disorder, but only 39 percent of them received treatment — meaning 33 million people went untreated.

The deputy administrator of SAMHSA said those people are not only mentally ill, they also have a higher risk for other physical health problems, suicide, accidents and premature death.

In hard numbers, in 2015 an estimated 21.7 million people age 12 and older (8.1%) needed treatment for alcohol or drug-related problems, but only 10.8 percent or 2.3 million people actually got treatment.

And, the numbers are even larger for mental health problems. An estimated 43.4 million adults (17.9% of the population) had symptoms of a mental illness in the past year, but only 18.6 million (43.1%) received mental health services.

An estimated 8.1 million adults had both a substance use and mental health problem with fewer than half (48%) receiving any type of specialized care.

The report said that overall the levels of mental illness among adults age 26 and older remained steady; however, there has been a slight increase in the incidence of major depression among teens and young adults.

Even with adolescents (age 12 to 17), fewer than half of the 3 million with symptoms that met the criteria for major depression received treatment during the past year.

Schizophrenia and diabetes share similar roots?

A study published online in the October 5 *Lancet Psychiatry*, reported a link between first episode psychosis and diabetes.

Investigators found that biochemical markers of prediabetic states were more common in patients with their first episode psychosis than with health peers.

More on military suicides

Military deployment to Iraq or Afghanistan increases the risk for death by suicide among current and former US military personnel, according to research published online Sept. 30 in *Lancet Psychiatry*. Further, the incidence of suicide is greatest during the first year after leaving the military.

Yu-Chu Shen, a professor of economics at the Naval Postgraduate School, said, “The risk of suicide is quite different between the time service members are deployed and once they return (and leave the military). It’s really exposure to deployment that changes the risk of suicide death (not the number of times deployed).”

The study used a retrospective analysis of nearly 3.8 million US military personnel between 2001 and 2011 and followed them to the time of death or December 31, 2011.

Compared to persons still on active duty, veterans out of service for up to three months were 2.5 times more likely to commit suicide and those who were between 3 and 12 months of leaving the military were almost 3 times more likely to complete suicide than active duty

research updates...

personnel.

Dr. Shen suggested the reason for the post-discharge spike compared to those in active duty might be that there is a lot of peer

support during deployment that no longer exists once the person leaves the military.

The study also found that the strongest predictors of suicide were current or past diagnoses of self-inflicted injuries, major depression, bipolar disorder, substance use, or other mental health conditions.

Overall, there were 4,492 suicides in the study population.

Higher teen heart rate, blood pressure: early markers for MI?

A study published online October 26 in *JAMA Psychiatry*, suggests that an elevated resting heart rate and high blood pressure in male adolescents are linked to an increased risk for certain mental illnesses later in life.

Researchers used several Swedish national registers to collect resting heart rates of 18 year old men that were taken as part of their service physical and compared that to information in the National Patient Register. They found that for every 10-unit increase in the resting heart rate there was a 5 percent increase in the risk for depression, an 8 percent increase in the risk for anxiety disorders, 10 percent increase for schizophrenia, and an 18 percent increase for obsessive-compulsive disorder. Results were similar for blood pressure except no relationship was found for depression.

Women’s superior verbal memory may mask Alzheimer’s

Women have the edge over men when it comes to verbal memory; however, this cognitive reserve doesn’t seem to prevent Alzheimer’s. Rather, researchers say it may simply mask early signs of the disease which tends to result in a faster memory decline in women once the decline actually becomes noticeable.

While the verbal memory skills help women maintain normal cognitive function longer, as the Alzheimer’s brain-related pathology accumulates it reaches a point where the early advantage is lost and it happens rather rapidly.

The findings were published online October 5 in *Neurology*.

Parent-led therapy reduces autism symptom severity

Teaching parents to communicate more effectively with their autistic child reduces the severity of autism — and the effects are lasting, according to research published online Oct. 25 in *Lancet*.

Compared to treatment as usual (work with a therapist), children who received parent-led intervention when they were 2 to 4 years old had less severe symptoms six years later — particularly with improved social communication and reduced repetitive behaviors.

The lead investigator Jonathan Green said, “The advantage of this approach over a direct therapist-child intervention is that it has potential to affect everyday life of the child. Our findings represent an improvement in the core symptoms of autism previously thought very resistant to change.”

In the study, parents took part in 12 therapy sessions over six months followed by monthly support sessions for the next six months. They also engage in 20 to 30 minutes a day of planned communication and play activities with the child.

Schizophrenic brain ties to heal

The brains of patients with schizophrenia have the capacity to

Please see *Schizophrenic brains* on Page 3



Schizophrenic brains

Continued from Page 2

reorganize and perhaps counter the effects of the disease, according to a study published May 26 in *Psychological Medicine*.

Although schizophrenia is generally associated with a reduction in brain tissue volume, the study found an increase in brain tissue in certain areas. The study involved 98 treated, clinically stable patients with schizophrenia compared with 83 patients without the illness.

Smartphones and parental stress

Smartphones are a source of parental stress, according to an article in the October 7 *Journal of Developmental and Behavioral Pediatrics*.

The parents said that while the phones allow them to spend more time with their young children rather than working at the office, they said that they also felt pressure to stay constantly plugged in and responsive to emails from work even during playtime with their children.

The lead researcher explained that every time a new technology is introduced it disrupts things a little. "In many ways this (smartphones) is no different from the anxieties that families felt with the introduction of the TV or telephone," said Dr. Jenney Radesky, a pediatric researcher at the University of Michigan.

"What is different is the rate of adoption of our households with mobile technology compared to these older technologies (e.g. it took the iPad 80 days to reach 50 million global users compared to 14 years for televisions), so there is less time to reach a new homeostasis with each of them," she said.

Support groups offer understanding, hope

Continued from Page 1

"What I've noticed as time has passed (from the class five years ago to the support group today) is how much stronger each friend has become," Gail said. "Heads are held higher and smiles replace the tears."

"Our loved ones still have a brain disorder, but we have wisdom. We have learned how to react differently to volatile situations...more calmly and with a bit of tough love."

Wendy, who also completed the Family to Family class before becoming a support group leader, added that leading a support group isn't just about giving back to help others. It also helps her.

"It has helped me to continue to expand on my understanding of the information that I had learned from the NAMI class," she said. "When I hear multiple families verbalize frustrations with the same behaviors that I am, it becomes clear that our loved ones didn't all meet in a chatroom and decide the best ways to irritate their parents and family."

"When I finally added two and two, it dawned on me that some of the behaviors are

just the way my son is going to be. The behavior is symptomatic of the illness," Wendy said.

"Once I understood that, our relationship went from adversarial with angry stand-offs to one of working together, sharing feelings and thoughts, and coming up with win-win solutions."

Gail added that the free NAMI programs have helped her and others gain knowledge, strength, courage and especially hope.

"Until we connected with NAMI and others who understood, we all seemed overwhelmed with fear, guilt, shame and isolation," she explained. But through NAMI and support groups things have gotten better.

"Although we don't all feel the need for support every month," Gail said, "we know where to go and who to connect with when things heat up. And, we know that sooner or later things will heat up."

"In our group, respect, understanding and compassion are so very obvious," she said.

The goals of NAMI-sponsored family and consumer support groups are to help participants:

Smell test may predict memory decline

According to a study presented at the Alzheimer's Association International Conference earlier this year, the University of Pennsylvania Smell Identification Test has potential as an inexpensive, noninvasive way to help diagnose Alzheimer's disease.

Although the study didn't show as strong a predictive relationship as some earlier studies had, it was accurate with 67 percent of the 84 elderly adults who took part in the study.

New approach cares for severely mentally ill at home

A novel way of delivering healthcare services at home to the severely mentally ill in New York City may prevent a downward spiral that leads to homelessness. Of course, the person must have a home where the services can be delivered and a family member who can provide psychosocial support, according to a presentation made at this year's Institute of Psychiatric Services Mental Health Services conference.

Called a parachute team, the network meeting of the patient, a family member and two staff members (social worker, therapist or psychiatrist) is typically 90 minutes long and conducted in the patient's home. A peer specialist is also usually part of the team to explain that what is being discussed works because they have also experienced it.

As judged by hospital readmissions, the teams are successful. With this population, re-hospitalization rates are usually about 13 percent vs. 4 percent for those who were part of a parachute team.

- See the individual first, not the illness,
- Recognize that mental illnesses are medical illnesses that may have environmental triggers,
- Understand that mental illnesses are traumatic events,
- Aim for better coping skills,
- Find strength in sharing experiences,
- Reject stigma and not tolerate discrimination,
- Not judge anyone's pain,
- Forgive ourselves and reject guilt,
- Embrace humor as healthy,
- Accept that we cannot solve every problem, and
- Work for a better future in a realistic way.

A complete list of all NAMI-sponsored support groups is listed on the front page of the newsletter. And, any changes in the meeting schedule or new groups and their contacts can be found on the NAMI Four County website at www.namifourcounty.org.

Best way to de-escalate a crisis: keep it from becoming one

The key to successfully de-escalating a crisis situation involving a loved one is simple: Don't let the situation become a crisis before trying to help.

At a recent NAMI Four County meeting, Aaron Harmon, program director of Fulcare Behavioral Health at the Fulton County Health Center, explained how to do that. It starts with some planning about what you will do before a crisis even starts to occur.

With careful listening and observing, most crises can be averted before they get out of hand and possibly turn dangerous.

Harmon suggested a simple and logical approach. Start by developing a safety plan – knowing when and where to go as well as when, how and who to call if a crisis has gotten to the point where someone's safety is at risk. This is especially important if the loved one has a history of violence or acting out when they aren't thinking clearly.

Describing situations that can be categorized in one of five levels, Harmon explained what to look for, what it means, and how to go about resolving the situation — ideally before it escalates.

To keep the person from escalating into a full-blown crisis, Harmon said it's important to identify the level the person is currently in and, if appropriate, determine the cause of the person's distress and try to relieve it.

Since the person is already feeling anxious and afraid of losing control, he said it's important to move one step at a time. "Don't ask the person to do too much too fast," he said. "They may be unwilling, unready or unable."

At the same time, look around you and try to make the environment as safe as possible. Suggest moving to a quiet place. As you determine what is causing your loved one's distress, refocus the situation away from the cause toward something that is calming. And, finally treat the person with compassion.

The five progressively more serious levels that Harmon explained are...

Agitated Level...

The person may be pacing, crying or



Aaron Harmon, a registered nurse and program director of Fulcare Behavioral Health at the Fulton County Health Center, gave a presentation on effective ways to de-escalate a crisis during a fall NAMI meeting. Lisa Holley, a NAMI Basics

showing facial twitching and is clearly bothered by something. The message the person is trying to convey is: *I'm distressed*. At this stage, the problem is easiest to resolve. Ask questions in a polite, positive and direct way. Stay goal-oriented and make requests that can be observed and easily followed.

Disruptive Level...

The person may now be shouting, screaming or throwing a tantrum. The message now is: *Pay attention to me*. The situation is still manageable, but you will need to set limits on their behavior. *I can't help you when you are shouting*. And, you should make a preliminary assessment of the environment from a safety standpoint. You still try to determine what is causing the distress and seek ways to relieve it.

Destructive Level...

The person is now throwing and breaking things. Striking out at things, but not living things. The message is now: *I'm losing control*. The situation is becoming more difficult, but still try to set limits. *I can't help you when you are throwing things at the wall*. You begin to think more about your own safety if the situation continues to escalate. When is it time to call for help and who should you call.

Dangerous Level...

The person is now directing the destructive behavior at living things.

Please see *De-escalation* on Page 6

Free monthly classes for family, friends of persons struggling with addiction start next month in Wauseon

Recovery Services of Northwest Ohio is offering free addiction education classes for family members or friends of persons who are struggling with active addiction and early recovery at their Wauseon office, located at 560 W. Linfoot St.

The two hour, monthly classes start next month and continue through early May. All of the classes will be held on Mondays — January 6, February 13, March 13, April 10 and May 8 from 6 to 8 p.m. each evening. Light refreshments will be provided.

For more information, contact the Wauseon office of Recovery Services at 419/337-1973.

Spring NAMI Basics class being planned

A free NAMI Basics class for parents, grandparents or other caregivers of children and teens with emotional, behavioral or mental health issues is planned to start in April next year.

The six week class is based on a professionally developed curriculum that is taught by family members who have completed a NAMI training to become approved instructors. Each week the class covers different topics unique to the issues of raising children with behavioral health disorders.

Although an exact start date has not been set, the class will be held on six consecutive Saturday mornings. For more information or to register for the class, please call Lisa Holley, one of the instructors, at 419/438-7384.

Thank-you.

The Four County ADAMhs Board would like to thank voters for their support of the renewal levy last month.

Family matters...

All I want for Christmas is....

By Janet Hitchcock

Halloween decorations went on sale several days after Christmas trees began filling the store aisles. Hallmark Christmas movies have filled the airwaves for months. City workers began busily decorating as soon as the calendar turned to November.

My stomach turned at the same time. Christmas. Family. Glad tidings of great joy. Or not. Holidays can easily become horror days for families dealing with brain disease.

So, Santa, all I want for Christmas is Normal.

The dictionary defines normal as “the usual, average, or typical state or condition.” I don’t want my Normal. I want their Normal: the normal of Hallmark movies, Norman Rockwell pictures, the ads on TV, the promises in the storefront windows.

Those folks don’t have anxiety from over-stimulation, meltdowns, in-fighting, money troubles, broken promises, angry words, and disappointments. Their lives are filled with warm fuzzies.

Ours won’t be.

NORMAL

In anticipation of enduring another holiday season, we are choosing to focus on Thanksgiving. Not the holiday — it comes with its own issues — but the act of discovering the upside of our family dynamic and being grateful for the blessings we have found as we’ve muddled through the downside of mental illness. So step aside, Santa, we’re turning our attention to God’s grace in the midst of troubles.

Thank you, God, for trusting us with the care and nurture of our adopted sons. You knew we were not up to the task but would lean on You for guidance.

Thank you, God, for teaching us compassion for those who struggle with hidden illnesses. It is easy to have compassion for someone who is missing a leg but harder to understand the hidden illness that causes bad behavior.

Thank you, God, for opening our eyes to our prejudices and helping us overcome our judgmental hearts. Humility is a difficult journey made easier as we walk hand in hand

with You.

Thank you, God, for teaching us patience. Please continue the lesson as we take three steps forward and two back.

Thank you, God, for the grace to find joy in the little things we have rather than disappointment in the big things we do not have. It is only through your grace that we can find joy in realizing we had a day where nothing bad happened. It is only through your grace that a smile and a hug, given without expectation, are worth more than a day’s wages.

Thank you, God, for the blessing of our Normal. Our Hallmark moments may look a bit dysfunctional, but they are working for us. Norman Rockwell would have a field day trying to paint our family holiday. It would be more suited to the cover of Mad Magazine than Life Magazine, but it is ours. It is the life You have entrusted to us.

And thank you, God, for leading us to NAMI, to Family to Family, and to new friends who walk this path with us. Companions on the journey make our steps lighter.

Happy holidays, my wonderfully dysfunctional friends. May you find the joy in your Normal this holiday season. God’s abundant blessings to you and yours.



Candlelight Vigil speakers.... The speakers and singers who were part of the 17th annual Candlelight Vigil for Mental Health were Ron Hofacker, Candlelight Vigil coordinator; Pastor Jim Brehler of St. John United Church of Christ; Les McCaslin, CEO Four County ADAMhs Board; Sarah and Jeff Tackett of The Tacketts. Not pictured is Wendy Golden. Nearly 40 people attended the program with many of them participating in the walk that followed.

2-1-1
Need help? Don't know who to call? Get answers.
Always toll-free, 24 hours a day, every day.

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

Beating the post-holiday blues...

Once the holidays and all of the hustle, bustle and flurry of activities associated with them are over and it's time to resume daily activities, many people experience a post-holiday let-down with stress and depression.



Friends and family have gone back to their regular routine, and you may have less contact with others. The increased support, warmth and good feelings associated with the holidays are replaced by the cold, cloudy days of winter.

So, we need to find things to look forward to and create opportunities to get together with family and friends to ward off or cope with these post-holiday hazards.

Here are some ideas...

- Make plans for a weekend trip or a special evening outing. It doesn't have to

be elaborate or expensive. It could simply be a trip to a park or an outing to a movie. (Go to a matinee and save money!)

- Invite friends over for dinner, an evening of games, or to watch a movie that you've rented... or better yet -- borrowed from the library.

- Visit someone who is shut-in, someone in a nursing home. It will brighten your day and theirs.

- Invite your spouse or significant other out for a date and let him or her choose the activities for the evening.

- Plan a special activity with your children, grandchildren, nieces or nephews.

- Start a new activity. Is there something you have always wanted to do or learn, but never gotten around to doing it?

- Go to the library and borrow a book or video.

- Now that the holiday decorations have been taken down, get some fresh flowers or a plant for the house. It will help brighten your home and your spirits.

The possibilities are endless.

De-escalating a crisis

Continued from Page 4

Whether it is throwing things at people, banging their head, hitting or biting others, the message is now: *I've lost control.* At this point, the only option is to implement your safety plan. Call for help.

Lethal Level...

The person is now threatening themselves or others. The message is: *Help me.* Implement the safety plan and call 9-1-1.

As the levels climb, Harmon explained it becomes less and less likely that you can relieve whatever is causing the distress.

"The goal is to change behavior before it reaches the destructive level or sooner," Harmon said. "At each level, behavior has meaning and if the person isn't getting what they need, the behavior escalates. And, once it reaches a certain level, it's too dangerous for a family member or friend to de-escalate on their own."

He added this tip. When talking to the person, model the behavior you are hoping to achieve by the tone, pitch and rate of your voice.

Henry County Seniors have mental health support group

The Henry County Senior Center continues to offer a monthly mental health support group that is open to anyone regardless of age or whether they live in Henry County.

The group meets at 10:30 a.m. the third Friday of the month in a room separate from the dining area. A licensed social worker facilitates the group. The Center is located at 130 E. Clinton St. in Napoleon.

More Candlelight photos....



Top: The Tackett family singers.

Top right: NAMI Four County board of directors president Lori Robison (left) and chapter vice-president Sharon Weaver lead the way.

Right: Wendy Golden, family support group leader.



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

Patients will have access to primary care providers, behavioral health counselors, and the pharmacy team.

A full service dental clinic is at the Bryan office.

Services are provided on a sliding fee basis and most insurances, including Medicare and Medicaid, are accepted.

Call 567/239-4562 (Bryan) or 419/785-3827 (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.

Tuesday, January 3

This meeting will likely be held at the Fulton County Health Center starting at 5 p.m. and include a meal. Aaron Harmon, program manager of Fulcare Behavioral Health at the Fulton County Health Center, is requesting input from NAMI members about Fulcare's program and the delivery of inpatient services in general as a way to gather information on what they are doing well and areas where they could improve.

Those attending do not need to have personal experience with Fulcare Behavioral Health, but you will be asked to provide input about service delivery.

More information will be provided about this meeting on the NAMI Four County website after December 12 or you can call Lou Levy at 419/393-2515. Since a meal will be included, you will need to make a reservation before attending.

Tuesday, February 7

Les McCaslin, CEO of the Four County ADAMhs Board, will explain specific aspects of the Affordable Care Act, also known as Obamacare, that have made a big difference to improve both the behavioral and overall health of persons served by the ADAMhs Board system. His presentation is intended to help families understand what has been helpful with the current system and why. Hopefully, it will help persons affected by mental health and substance use/abuse disorders better understand the changes that may be proposed in the coming months that could have a profound effect on behavioral health.

Tuesday, March 7

Speaker and topic to be announced by mid to late January. Check the website for the update.

Free daytime Family to Family class set to start February 6 in Archbold

Next year, NAMI Four County will offer the 12-week Family to Family mental health education class for family members with adult loved ones with a mental illness during the day instead of the evening.

Recently retired Family to Family instructors Barb and Gary Arnos will start the class on Monday, February 6 at the Four County ADAMhs Board on State Route 66 south of Archbold. The class will be held from 10 a.m. to 12:30 p.m.

The free class is open to the public. Each week, participants will learn a different aspect of mental illness and receive extensive handouts to put in a binder that they will be given.

Topics covered include: the symptoms and facts of illnesses such as major depression, bipolar disorder, schizophrenia, panic and obsessive compulsive disorders, as well as understanding how each illness can be

effectively treated.

The class curriculum has been professionally developed by the National Alliance on Mental Illness and has been called a "best practice" education model by SAMHSA. The instructors, who have taught the class four times already, were required to complete a training to teach the course.

NAMI Four County has offered this class at no cost for more than 12 years. Evaluations from the most recent Family to Family class noted that participants have learned a great deal — more understanding of their loved one's illness, the need to be more patient, the ability to actually talk and interact without having a full blown argument. Participants also learn that they are not alone in this journey — that others in the class have had the same experiences.

To register, call Barb at 419/270-1502.

NAMI dinner sponsors, raffle winners announced

NAMI Four County would like to recognize the sponsors of the second annual Spaghetti Dinner fundraiser. Altogether, event sponsors accounted for \$1,650 of the money raised.

Gold sponsors included: Kohl's, Thrivent Financial, First Federal Bank, Fulton County Health Center, and Woolace Electric.

Silver sponsors: Stryker Main Stop and Valko & Associates. Bronze sponsor:

Riverside Greens Golf Course.

Winners of the Chinese raffle gift packages were Barb Arnos, Lou Levy, Carol Short, Cookie Layman, Allana Tracy, Patrick Blad, Brenda Short, Todd Ziegler, Sue Miller, Jackie Ordway, LaVon Benner, Heather Short, and Laura Brown.

Rob Giesige won the 50/50 drawing and returned \$50 of his \$150 winnings to NAMI Four County.

The quilt raffle drawing was also held with the winning ticket purchased by Celeste Oberlin. The quilt raffle raised \$1,188.

Free-will donations totaled \$1,587.05 with the Chinese auction raising \$844. More than 25 individuals and area businesses donated all of the food and supplies needed for the dinner.

The event chairpersons were Katie Beck, Kathy Foster, Morgan Uribes and Gary Arnos.

Many more photos and the complete list of sponsors are on NAMI Four County's website: www.namifourcounty.org.



Top left: Katie Beck, one of the dinner chairpersons, presents Rob Giesige with \$150 for winning the 50/50 drawing. Rob gave \$50 back to NAMI. **Bottom left:** Gary Arnos, another dinner chairperson, ladles up the spaghetti for his assistant Tom Smith. **Left:** Rene' Levy sells quilt raffle tickets. The winner, Celeste Oberlin, bought her ticket at the dinner.

National Alliance on Mental Illness announces dues increase on July 1

The National Alliance on Mental Illness has announced a small dues increase that all affiliates must implement starting July 1, 2017.

Instead of two membership categories, on July 1 three will be in place: a new family membership at \$60 a year, an individual membership at \$40, and a limited income membership at \$5.

The NAMI Four County board of directors will not raise dues until July 1 and will continue to accept 2017 membership dues at the current rate of \$35 for individuals/families and \$3 limited income until mid-June.

Current and new NAMI members are encouraged to pay their 2017 membership dues now, or at least before the rates go up, by completing the form on this page and returning it to Barb Arnos, the treasurer. Checks should be payable to NAMI Four County.

NAMI has unified dues. By joining the local affiliate, you also become a member of the national and state organizations.

NAMI Four County 2017 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

Please mail your 2017 NAMI Four County dues to:

NAMI Four County, Attn: Barb Arnos, treasurer, 01038 US 127, Bryan, Ohio 43506.

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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