



ADAMhs

Winter 2014/2015

ADVANTAGE

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 — Defiance. For adults with any diagnosed or undiagnosed mental illness. Meets on the first Tuesday every month at 10:30 a.m. at the Second Baptist Church, 1945 E. Second St.. Contact: Mark at 419/913-8576.

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.

Four county suicide rate down 50% in 6 years

Since 2008, the number of reported suicides in Defiance, Fulton, Henry and Williams counties has dropped nearly 50 percent from 21 in 2008 to 11 in 2013, the most recent year that statistics are available from the county health departments.

During the six year period, males accounted for 80 percent of the suicides with middle aged persons 40 to 49 and 50 to 59 accounting for the most deaths (29 and 22, respectively).

Although it's difficult to pinpoint specific reasons for the reduction in suicide, a number

of initiatives have been started in the last few years to raise awareness of suicide risk factors and to encourage family members and friends to intervene with persons who are at risk of suicide.

Specifically, the Four County Suicide Prevention Coalition was formed in 2010 with a \$5,000 grant from the Ohio Suicide Prevention Foundation and subsequent support from the Four County ADAMhs Board.

Please see *Suicide rate drops* on Page 6

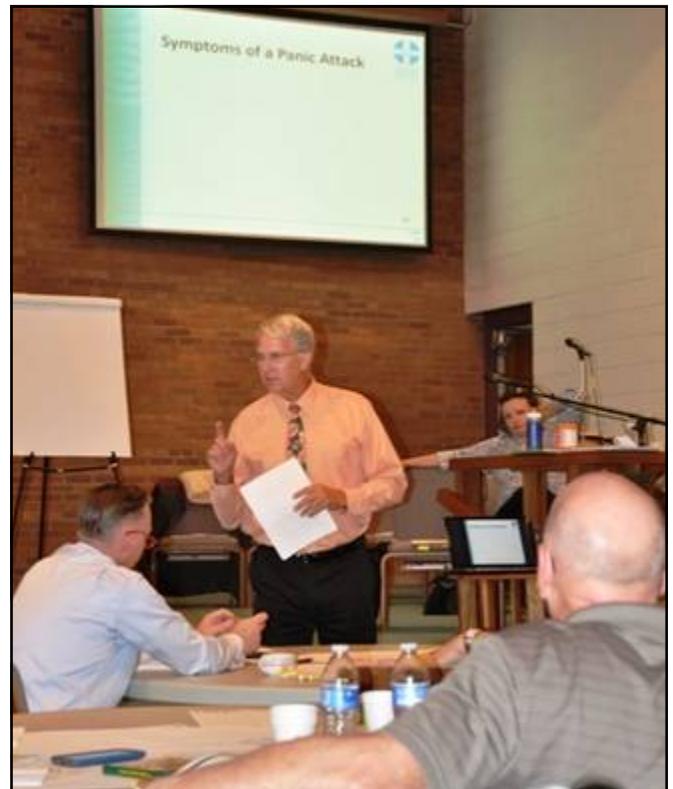
Local NAMI sponsors mental health training for 25 pastors, lay leaders

NAMI Four County sponsored a comprehensive day long Mental Health First Aid training for about 25 area pastors in September at Zion's Lutheran Church in Defiance.

Participants gave the training high marks, commenting: "Glad I took the class...very helpful...worth the 8 hours...thorough without being overly detailed...caring approach to mental health issues...good course book, lots of info, up-to-date...softer, kinder approach (to mental health)."

NAMI may offer the training again in the spring as part of its on-going outreach to the faith community.

Joe Dildine and **Tonie Long** (top photo) were the instructors for the day-long Mental Health First Aid training for area clergy and faith leaders. **Pastors** **Robbie** and **Kelley Ketcham**, **William Nirote** and **Jim Wenger** (right photo) work on a discussion project during the training.



Blood test may ID depression, predict treatment success

A new blood test may identify major depressive disorder in adults and could help clinicians know which patients will respond best to cognitive behavioral therapy (CBT), according to research published online Sept. 16 in *Translational Psychiatry*. However, notice that the verbs used are *may* and *could*.

The study of 64 adult participants showed that blood transcript levels of 9 biomarkers were significantly different at baseline between those with major depressive disorder and their healthy peers. Further, those same markers changed from the baseline levels for patients who did or did not achieve remission after undergoing 18 weeks of CBT.

Early psychotherapy may prevent major depression

Psychotherapy may be effective in treating subclinical depression and may prevent progression to major depressive disorder, according to a study published in the October issue of the *British Journal of Psychiatry*. This was a meta-analysis of 18 studies of adult participants with subclinical depression. For those persons who received some form of psychotherapy, there was a significant reduction in the incidence of major depression six months later compared to those who received a controlled condition.

Sedentary lifestyle linked to depression

A new meta-analysis that is based on dozens of studies covering hundreds of participants tied too much sitting at the computer or lying around watching TV to a greater risk of depression. The analysis, conducted by Chinese researchers and published online Sept. 2 in the *British Journal of Sports Medicine*, found that a sedentary lifestyle was linked to a 25 percent higher likelihood of being depressed compared to people who were not sedentary.

However, the researchers noted that it was not clear from the studies whether sedentary behavior increased the risk of depression or if those who are depressed are more likely to engage in sedentary activities. Of the studies reviewed: 2 were from Australia, 4 were Asian, 7 from the Americas and 11 from Europe.

Weight loss possible on antipsychotics

Individuals with serious mental illness who take antipsychotic medications can lose weight and even improve fasting glucose levels with the help of a weight loss and lifestyle intervention that teaches them about the benefits of physical exercise and healthy eating, according to a study published online Sept. 15 in the *American Journal of Psychiatry*.

Since many of the antipsychotic medications can increase the risk of metabolic problems and lead to weight gain, the study wanted to see if lifestyle intervention was possible. Some 96 patients with schizophrenia spectrum disorders, bipolar or affective psychosis and post traumatic stress disorder were assigned to

research updates...

receive usual care while 104 patients were assigned to a weight loss and lifestyle intervention program that consisted of 6 months of weekly 2-hour group meetings plus

6 more months of monthly 2-hour group meetings. Additionally, the meetings included a 20 minute exercise program, a weigh-in, problem-solving and education about healthy foods. Patients in this group were also encouraged to take 25 minutes every day for moderate physical activity (usually walking), increase their daily consumption of fruits, vegetables and low-fat dairy, and improve their sleep quality.

At six months, the intervention group lost nearly 10 pounds more than the control group and at 12 months they had lost an additional 5.7 pounds more than the control group.

Boosting response to depression

Several studies have identified various factors that can boost a patient's response to depression. For example, an online study published Sept. 11 in the *British Journal of Psychiatry* found that **patients' expectations of how effective their medication was going to be went a long way toward predicting their response to it**. This double blind study of 88 depressed patients found that those who believed the medication would help them get better generally did have better outcomes — whether they got the medication or a placebo. (Forty-six percent getting the medication got better vs. 36 percent of those receiving the placebo.) One of the researchers speculated that part of the explanation for this might be the billions of dollars that pharmaceutical companies are spending on direct to consumer advertising.

Another study published online Oct. 15 in *JAMA Psychiatry* reported that **nonsteroidal anti-inflammatory drugs may help ease depressive symptoms**. This was a meta-analysis study that showed Celebrex, in particular, improved antidepressant performance without increased risk of adverse effects. Although some studies were inconclusive, the authors suggested that it might be beneficial to determine if the positive benefit is more related to certain conditions that accompany the depression.

Finally, **eating fatty fish may boost the response to antidepressant treatment**, according to a study presented at the 27th European College of Neuropsychopharmacology Congress. Specifically, a study of 121 adults found that those who ate fatty fish at least once a week had a 75 percent increased chance of response to antidepressant medications compared to a 23 percent response rate for those who never ate fatty fish.

EEG to improve autism diagnosis

Measuring how fast the brain responds to sights and sounds using EEG might provide an objective way to classify children on the autism spectrum and help diagnosis the condition earlier, according to a study published online in late September in the *Journal of Autism and Developmental Disabilities*. In an earlier study, the researchers found that children with autism process sensory information such as sound, touch and vision less rapidly than typically developing peers.

In this study of 43 children with autism spectrum disorders, the researchers found a strong correlation between the speed with which a child processed auditory signals and the severity of their symptoms. The EEG allowed the researchers to see how fast each child was able to process the stimuli.

With Alzheimer's emotions may linger after memories vanish

A small U.S. study (34 patients) reported online in *Cognitive and Behavioral Neurology*, suggests that Alzheimer's patients may continue to feel happy or sad long after they can remember what it was that prompted those feelings. "They may not be able to tell you what happened, but the emotions that those actions elicited are still there," said Edmarie Guzman-Velez, a psychology researcher at the University of Iowa.

Consequently, family and caregivers should foster positive emotional experiences for their loved ones with Alzheimer's. The research found that the emotions easily lasted 30 minutes longer than the patient could recall anything that had prompted it.

Sleeping pills linked to increased risk for Alzheimer's

The use of benzodiazepines to treat insomnia or anxiety may increase the risk for Alzheimer's disease, according to a study published online Sept. 9 in *BMJ*. A case-controlled study of nearly 9,000 older adults showed that the risk for Alzheimer's increased by 43 to 51 percent with those who had ever used benzodiazepines in the previous five years. According to a researcher, it's not known whether there is a definite link; however, to err on the safe side he suggested limiting prescriptions to as short a time period as possible — no more than three months.

Mental health problems up 21% in children in 10 years

While the number of children with physical disabilities has dropped 12 percent over the last decade, the number with any type of brain-related disorders has increased by 21 percent, according to an article published in the September issue of *Pediatrics*. Children living in poverty have the highest rates of disability; however, households with income more than four times the poverty level saw the largest increase — nearly 28.5 percent.

Why such a large increase among middle class families? Dr. Amy Houtrow with the University of Pittsburgh suggests that the data indicate there is less stigma associated with mental health conditions, greater awareness among parents and physicians of the disorders, and a greater willingness of doctors to diagnosis conditions. She also added that autism diagnosis could also be adding to the increase.

Before school exercise may reduce ADHD

Moderate to vigorous aerobic exercise in the morning may reduce symptoms of ADHD in young children at risk for the illness, says research published online Sept. 10 in the *Journal of Abnormal Child Psychology*. For the study, 202 kindergarteners, first and second graders randomly selected who completed 12 weeks of before school exercise had significantly greater reductions in inattention and moodiness compared to those who did not have the exercise.

Researchers note that the small sample size and lack of control groups for all children mean the study should be replicated;

research updates...

however, they also noted that aerobic exercise is a good healthy option for children anyway with no negative side effects.

Schizophrenia briefs...

Two new studies suggest that **psychosocial interventions may head off psychosis or early-onset schizophrenia in at-risk teens and young adults**. The first study focused on skills-oriented psychotherapy early in the onset of psychotic disorders. The second study showed that cognitive remediation therapy was effective in improving verbal memory and executive functioning with early onset schizophrenia. Both were published in the August issue of the *Journal of the American Academy of Child and Adolescent Psychiatry*.

According to a study published online August 18 in *Schizophrenia Research*, **happiness is an attainable treatment goal for at least a sizeable minority of patients with schizophrenia**. Specifically, the study found that patients who were able to maintain lower levels of stress and higher levels of personal mastery, optimism and resilience were the most likely to be happy most or all of the time. They represented about 38 percent of the study.

A review of 19 studies involving some 2,800 patients showed that **those with vitamin D deficiency were more than twice as likely to be diagnosed with schizophrenia compared to those without the deficiency**. Additionally, 65 percent of the patients who had schizophrenia also had lower levels of vitamin D. This study was published online July 22 in the *Journal of Clinical Endocrinology and Metabolism*.

Finally, research published online Sept. 15 in the *American Journal of Psychiatry* says schizophrenia is a group of heritable disorders (8 different classes were found) caused by separate genotypic networks that are associated with several distinct clinical syndromes. **In other words, schizophrenia is not one, but many different diseases**. As a result, patients with schizophrenia have one diagnosis, yet may share few common symptoms. The symptoms can vary in terms of severity and in their response to treatment, making treatment difficult and sometimes seem more like a matter of trial and error.

CBT best for social anxiety

Individual cognitive behavior therapy (CBT) may be more effective than medication in treating adults with social anxiety disorder and it has fewer side effects, says a study published online Sept. 26 in *Lancet Psychiatry*. This was a meta-analysis of 101 trials involving more than 13,000 participants.

CBT "should be regarded as the best intervention for initial treatment" said the investigators. This form of talk therapy showed significantly better outcomes than psychological placebo, psychodynamic psychotherapy, interpersonal psychotherapy and mindfulness training. And, it was found that individual therapy was more effective and more cost effective in the long run than group therapy.

Birth season and mood disorders

When an individual is born appears to influence adult temperant and mood, which in turn may lead to a mood disorder, according to a study presented at the 27th European College of Neuropsychopharmacology Congress. Using 300 college students

Family matters...

Accepting things the way they are

By Janet Hitchcock

Life is full of choices. Where to live, where to work, what to wear, what to read, what to watch, what to say. And each choice has a consequence. Wouldn't life be easy if we knew the consequences before we made the choice?

But sometimes things happen and we have no choice. Mental illness is one of those things. The consequences present themselves, and we have to learn how to deal with them. I choose happy.

We have 35 years' worth of horror stories we could share. And I have shared many of those. But I do not share them without a happy ending to the story. My happy endings, though, are not the ones I imagined. Jim and I have learned to accept

our two boys the way they are and find the unexpected joys that have come our way.

Like daughters, whether in-law or out-law. And grandchildren. Because we have made our way through the growing-up process, we can recognize symptoms in our grandchildren and be of help to these parents, offering them the support we did not have.

What a joy it is to see the good that has come from the not-so-good... okay, the bad. These grandkids, she says as she whips out the photo album stuffed in her purse, are our happy ending and their kids will be our happily-ever-after. Now that I've done the proud-Grandma thing and shown you the pictures (cute aren't they?), let me move on

Please see *Family matters* on Page 5

Birth season

Continued from Page 3

from Hungary, those born in winter were less likely to have irritable temperaments; however, they were more likely to have depressive temperaments than those born in the fall. On the other hand, students with bipolar symptoms were more likely to be born in the summer.

Memory complaints & future impairment

Relatively young seniors (73.2 years of age) who report memory problems are at increased risk for subsequent cognitive issues or dementia within eight years compared to those who do not report memory issues. About 56 percent of those in the study with memory issues went from no serious impairment to some level of memory problem.

The study was reported online Sept. 24 in *Neurology*. The researchers urge clinicians to start monitoring seniors who report memory issues more carefully.

Novel intervention to reverse memory loss

A small study (10 patients) has shown promise in reducing memory loss associated with Alzheimers by persistent and varied "tweaking" multiple sites in the brain affected by Alzheimers.

Interventions used include: eliminate all simple carbohydrates from the diet, increase consumption of fruit, vegetables and non-farmed fish and to follow a strict meal pattern that includes timed periods of fasting. Exercise is another component along with reducing stress through practices such as yoga and meditation. Supplements were also part of the regimen, including vitamin D3, fish oil, melatonin and methylcobalamin. Reported in the Sept. 27 online journal *Aging*, 9 of the 10 patients displayed subjective or objective cognition improvement within 3 to 6 months of starting treatment.



Ground was broken in September for Upton Heights in Defiance. When completed next year, the 10 unit apartment will open its doors for residents who are dually diagnosed with mental health and addiction problems. Each apartment will be 650 square feet with a kitchen and dining area, living room, bedroom and bathroom. The facility, estimated to cost \$1.3 million, also features office space for on-site support staff, a community kitchen and great room. Funding partners include the Ohio Finance Agency, Ohio Department of Mental Health and Addiction Services, Four County ADAMhs Board, New Home Development Company and the State Bank. Once open, the property will be managed by New Home Development Co. and clinical support will be provided by Recovery Services of Northwest Ohio. Upton Heights is located at 1725 Upton St., Defiance across the street from the Kroger Store and close to restaurants, medical services and other stores.

2-1-1

Need help? Don't know who to call? Get answers.

Always toll-free, 24 hours a day.

Family matters...

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to the not-so-obvious joys of life with brain diseased children. We have learned to notice the little things we would have missed if we'd had big things to brag about. Things like a whole day without anger. A week without detentions. A Mothers' Day card on Mothers' Day. A promise that isn't broken. A door that isn't broken (yeah, really). A visit that comes without a request for money. Things other people take for granted.

As we have learned to accept things the way they are, we have grown as a couple, partners in this lifestyle. We have found strength in each other. We have discovered courage we never knew we had. And we have learned what true love really is all about. For better or worse. In sickness and in health. Till death do us part. Those words are life, and we are living them to their fullest. God has blessed us with the joy of understanding Love.

We made a choice 35 years ago. We chose to take these two little boys into our lives. Choices have consequences. Many of those consequences have been hard. But the joys that continue to flow from the choice we made have led to a very happy life filled with wonderful extended family, amazing friends we have met along this path, and a knowing... an understanding... of what it means to love fully. Accepting people, whether mentally ill or not, where they are, without trying to make them into your own image, but allowing them to be what they were created to be... the image of God... is what Love is all about.

Living and loving in acceptance makes me happy. And I choose happy. Happily Ever After.

NAMI Four County website has been improved to allow regular up-dating

The NAMI Four County website — www.namifourcounty.org — has been improved since its original launch earlier this year to allow regular up-dating. That means you can find the current class schedule on the site as well as accurate information about the support groups, including links to the most up-to-date listing of area Alcoholics Anonymous and Narcotics Anonymous meetings.

Numerous photos are now on the site as well as a link to this year's candlelight vigil.

2014 Candlelight Vigil

For the 15th consecutive year, NAMI Four County kicked off Mental Health Awareness Week in early October with its candlelight vigil at St. John United Church of Christ on the Defiance College campus.

The program, which can be viewed on NAMI's website at

www.namifourcounty.org, celebrated mental health and the expectation of recovery for those who seek medical help to treat their mental illness. Music was provided by Ed Clinker and Rosann Laker.

Speakers at the Candlelight Vigil were (from left) Katie Beck, NAMI president; Melinda Seibert, Pastor Erich Christman, St. John's Christian Church, Archbold; Janet Hitchcock, and Dr. Warren Morris, physician with Health Partners of Western Ohio. **Below: Tom and Kathy Foster carry the NAMI banner** during the candlelight walk. Afterward, everyone enjoyed refreshments in the fellowship hall.



The 2014 NAMI quilt raffle raised \$1,432, the most ever. The winner of the quilt was Ralph Barbee of rural Ney. Holding the quilt are Katie Beck, NAMI president; Pat Allomong, treasurer; and Rene' Levy, who has made and donated quilts for the raffle the last four years. During that time, the quilt raffle has raised \$5,355 to support NAMI's free family education classes and mental health awareness campaigns during Mental Health Awareness Week.



Suicide rate drops by nearly 50%

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Since then, the coalition has grown to include health departments, schools, colleges, hospitals, sheriff departments, 4-H clubs, mental health agencies, and survivors after suicide.

During that time, a number of initiatives designed to get the message that *depression is treatable and suicide is preventable* have been launched. Those initiatives include an annual 5K run/walk that generates thousands of dollars each year to support programs such as the yellow ribbon and stomp on stigma campaigns designed to raise awareness at area schools and colleges.

The coalition also sponsors school assemblies and staff trainings on mental health and suicide as well as provides awareness information for primary care physician offices.

A monthly survivors after suicide support group is held at the ADAMhs Board office at 7 p.m. on the first Thursday of the month.

The coalition and ADAMhs Board are also working to create trained Local Outreach to Suicide Survivor (L.O.S.S.) teams to respond immediately after a completed suicide. The team, which includes survivors of suicide, would meet with families to share information about resources that are available and to provide support and hope to the newly bereaved.

For more information about the coalition or plans for establishing the L.O.S.S. team in the area, please contact Pam Pflum at the ADAMhs Board at 419/267-3355, ext. 7 or visit: <http://4countysuicideprevention.org/>.

Families needed for schizophrenia study

NAMI is encouraging members and their families to consider helping a national genetics study related to schizophrenia and related disorders. The study hopes to find specific genetic variables responsible for the illnesses that will help develop early detection methods, improve methods of managing symptoms, and hopefully one day lead to a cure.

To be part of the study, you must

Please see *Families needed* on Page 7

AA and the road to sobriety

Alcoholics Anonymous, founded in 1935 in Akron by a physician — Dr. Bob — is one of the oldest and largest support groups in the world with 89,000 groups and more than 2 million members who find strength in one another as they struggle every day to maintain their sobriety.

A long-time AA member recently explained the organization to NAMI members, noting that AA is spiritually based, but not religiously based. As created by Dr. Bob nearly 80 years ago, AA members are expected to learn and live the 12 steps that form the basis of their recovery.

Along the journey, each member is paired with a same gender sponsor to help explain, guide and support them through the 12 steps. However, the AA member explained, “The first step is the only step you have to follow perfectly.”

Locally, there are AA meetings somewhere, sometime nearly every day of the week. “There’s no excuse not to find and be able to attend a meeting,” the member explained, noting that each member has a home meeting but is welcome at any meeting.

The best way to find the most accurate list of meetings is on the AA Central Office website — www.toledoaa.com.

As the name implies, AA maintains anonymity of its members. AA does not keep membership records, provide professional services, provide welfare services, or provide letters of reference.

Family members of alcoholics can attend Al-Anon, which also follows a 12-step program. Those meetings are also listed on the Central Office website.

The AA member explained that

maintaining sobriety is a daily challenge and AA involvement definitely helps. Even though the person has not had a drink in many years, “I’m always going to be an alcoholic, it’s one day at a time.”

The 12 steps of AA

1. Admit we are powerless over alcohol — that our lives have become unmanageable.
2. Come to believe that a power greater than ourselves can restore us to sanity.
3. Make a decision to turn our will and our lives over to the care of God as we understand Him.
4. Make a searching and fearless moral inventory of ourselves.
5. Admit to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Be entirely ready to have God remove all of these defects of character.
7. Humbly ask Him to remove our shortcomings.
8. Make a list of all persons we have harmed and become willing to make amends to them all.
9. Make direct amends to such people wherever possible except when to do so would injure them or others.
10. Continue to take personal inventory and when we are wrong promptly admit it.
11. Seek through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we try to convey this message to alcoholics, and to practice these principles in all our affairs.

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.

Thursday, December 4

Annual Christmas potluck dinner and party starting at 6:15 p.m. at the Scout Cabin in Archbold's Rauhley Park. Ham, soft drinks and table service will be provided. Families are asked to bring a dish to share as well as a unisex gift for each person attending valued at \$10 or less for our "robber" gift exchange. Ed Clinker will play holiday music for those attending. This is purely a social event with no program planned. RSVP requested to Lou at louandrene@artelco.net.

Tuesday, January 6

Annual planning meeting at 7 p.m. at the ADAMhs Board office.

Tuesday, February 3

Program will be presented by Beth Gerken, executive director of The Center for Child and Family Advocacy, 7 p.m., ADAMhs Board.

Families needed...

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have at least three family members who are diagnosed with one of these disorders: schizophrenia, schizoaffective disorder, schizotypal personality disorder, or bipolar disorder with psychotic features.

The family members can come from multiple generations, but they must live in the United States, be 18 or older, and be willing to be part of the study.

Once accepted, the study consists of a clinical interview of about 2 hours in length and donating a blood sample. Researchers will travel to the family member's home or a safe, convenient meeting place for the interview and arrange for the blood draw locally. Once completed, each participant will receive \$130.

For more information or to sign up, contact: Paul Nelson, study coordinator at 845/981-9514 or at: GeneticsResearchVA@gmail.com.



Thank-you, Mancino's!

NAMI Four County was the beneficiary of a Mancino's community fund-raiser the week before Mental Health Awareness Week. NAMI received a portion of Mancino's sales that day (\$218) as well as donations and quilt raffle sales that totaled an additional \$115. Money raised through fund raisers such as this support the chapter's free family education classes, support groups and community awareness efforts. In late September through October nearly 26,000 placemats and trayliners were distributed by a number of restaurants, senior centers, hospitals and community meal sites. NAMI president Katie Beck, right, stands with the Mancino's crew, including the owner, Rita McQuillen, second from left.

NAMI winter Family to Family class set

NAMI will be offering a free family education class after the first of the year for friends and family members of persons recovering from a mental illness.

The winter Family to Family class will begin in February and be held in Defiance. The 2 1/2 hour classes start at 6 p.m. and run for 12 weeks. The Family to Family class is for family members and friends of adults who have a mental illness.

Each week, the class covers a different topic. For example, some of the topics covered include: symptoms and treatment options used for the major mental illnesses (depression,

bipolar, schizophrenia, anxiety and more), the biology or medical nature of the illnesses, a medication review, ways to improve communications with your loved one, taking care of the care-giver/family members, and problem-solving, as well as other topics.

Family to Family has been recognized as an evidence-based best practice mental health education program by the Substance Abuse and Mental Health Services Administration (SAMHSA).

For more information or to register for the class, please call Barb or Gary Arnos at 419/636-0148.

Coty supports women's mental health with *philosophy* product sales

Coty USA, makers of the philosophy brand women's beauty products, recently announced that starting next year one percent of the sales of all of its philosophy brand products will be donated to causes supporting women's mental health.

Called the *hope and grace initiative*, Coty president Marc Rey told employees earlier this year, "By dedicating a portion of the sale of every product at all times, we can be confident that the contribution we are making is significant and that we'll be able to further empower women from the inside out."

His communication explained that about one in eight women can expect to develop

clinical depression during her lifetime, yet fewer than 50 percent of the women who experience clinical depression ever seek care largely due to the stigma associated with the disease. More than 50 percent of women suffering from depression cite denial as a barrier to treatment.

"With denial and stigma as two severe barriers to treatment, we need your help to amplify the conversation," Rey told his employees.

To read more, go to the philosophy website at www.philosophy.com and the search the site using the words *hope and grace initiative*.

NAMI asks for parent input

The national NAMI is asking parents of children receiving mental health services to participate in an anonymous, online survey concerning their experiences with getting treatment for their children. The information gathered will be used to develop strategies to help families get the best mental health treatment for their children.

If you are willing to participate in the 10 minute survey, go to: <https://www.surveymonkey.com/s/FFCMH-REACHFamilySurvey>.



As 2014 winds to a close,

Best wishes to you and your family for a Happy Holiday Season!



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: Patricia Allomong, 430 Park Lane, 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

ADDRESS SERVICE REQUESTED

PRSR STD
U.S. Postage PAID
Archbold, Ohio
43502
Permit #8

ADAMhs Advantage
T-761 State Route 66
Archbold, Ohio 43502
419/267-3355