“Get to Know NAMI” is designed to promote NAMI as a resource for consumers, families, mental health providers and the general public. The NAMI “STARS” listed below will be recognized for their work or activities that embody the principles of NAMI. Other awards will be presented. There will be on going presentations from NAMI members who have benefited from NAMI’s programs. Plan to attend and support NAMI by bringing a friend.

6th Annual - Get to Know NAMI

You are invited to the
Get to Know NAMI
Open House

March 10, 2015
3:00 p.m.—7:00 p.m.

Klehm Arboretum
2715 South Main Street
Rockford, Illinois

Awards presented at 6:00 p.m.
Refreshments will be served.

STARS of NAMI 2015 Nominees

Dr. Reginald Givens, MD.
Dr. Givens has been a huge support to me. He encouraged me to complete my business plans and go forward in pursuing a field in psychology. Just knowing he is available gives me the confidence to seek out help when needed. I am grateful that we have him in our community.

Chris Howard-Swan, Client Advocate, Jubilee Center
Chris has gone the extra mile to help and talk to me. She is a treasure to our community and I wish that there were more people around like her to help serve the Rockford community.

Alberto Carrion, Program Services Supervisor, Lifescape Services
I am so grateful that Alberto helped my son in signing up for Medicaid. One of my son’s medications had increased by 70% in a 30 day period. Alberto knew exactly how to relate to my son and there was an immediate feeling of acceptance and calm.

Jeremy Munson, Employment Services Coordinator, RAMP
Jeremy is working with my son to help him find employment opportunities. He took the time to really get to know my son and what employment opportunities my son would be able to handle. Jeremy understands individuals with mental health issues and approaches them with patience and kindness.
Eric Brown, Education and Advocacy Coordinator, RAMP
Because of Eric's wonderful personality, my son was quick to relate to him and shared information with Eric about himself without reservation. The information my son shared with Eric will help in finding future employment for him. Eric is a great support and advocate of those who suffer with mental health issues.

Steve Vrtol III, Stars of Light
Steve is the director of the Stars of Light Theater and is presently teaching an Expressive Therapy Group at Stepping Stones. With his gentleness, kindness and patient understanding of all people, he models the healing process while educating, supporting and advocating for the acceptance of mental illness in society.

Roscoe Police Chief, Jamie Evans
Chief Evans contacted NAMI Northern Illinois regarding mental health training for the Roscoe Police department. As a result NAMI Northern Illinois partnered with the Illinois Center of Excellence for Behavioral Health and Justice to provide an eight hour training. Chief Evans’ nominator said “Her willingness to extend this to her community is amazing. She exemplifies a progressive approach to working with the most vulnerable in our community.”

Ashley Pond, MSN,RN Swedish American Health System Clinical Nurse Educator.
Ashley embodies a hands on teaching approach when her nursing students are taking their psych classes. She encourages all of her students to connect with NAMI by attending our support groups. By including our NAMI programs as part of their nursing studies her students connect with the mental health community. Thus advocacy and awareness is created.

The Apartment Program of Stepping Stones
This Program serves individuals who live on their own in Stepping Stones owned or other community apartment settings. Their expression of gratitude toward staff include words like kind, sense of humor, respectful, patient, understanding, encouraging and friendly, helpful. All these clients are grateful for being part of Stepping Stones Apartment Program and for having a staff that really care about them.

Dr. Anthony D’Souza, MD
Tony embodies the principles of NAMI through his work with the mentally ill and their families. He is not judgmental and has a huge understanding of mental illness. Not only has he been there for my daughter, he has been there for me as well. He is there to listen and give his wisdom. Always staying calm and understanding. He is an amazing physician/psychiatrist in the Rockford community.

Kate Nash, MA,LPC Discharge Planner at Swedish American Health Systems
Kate takes the time to meet with both the patient and their families to identify individual medical, psychiatric and social needs and will work to identify resources. Her work is particularly challenging in a world that works to expedite patient care and decrease length of stay. I for one know the Rockford Community is a better place with the daily efforts made by her.
Monthly Meetings & Education Programs

January

Tuesday, January 13  6:30 pm  Special Needs Trust
Speaker:  Attorney J. Laird Lambert

Caring for a child with special needs, while rewarding, is also relentless. Once your child becomes an adult, it is very likely you will still remain active in caring for him or her. For parents of children with special needs, there are numerous issues regarding long-term planning. One of the primary issues for parents with children who have special needs is the desire to leave an inheritance for their child without compromising the child’s eligibility for Medicaid, Supplemental Security Income (SSI) and other government benefits.

A special-needs trust, in essence, allows people with special needs to maintain eligibility for government benefits, while also allowing them to share in an inheritance, personal injury settlement, life insurance policy or other assets. In Illinois, there are two types of special-needs trusts. Plan to attend and find out everything you need to know about this important topic.

February  Program starts at 6 pm

Tuesday, February 10  6:00 pm  Relapse Awareness and Management
Speaker:  Tina Kramer, Janssen Pharmaceuticals, Inc.

People who live with schizophrenia and other serious mental health conditions, like all people, tend to have good times and difficult times throughout their lives. Most people who have schizophrenia experience times of remission, when symptoms are under control, and times of relapse, when symptoms return or even get worse.

Relapse can happen quickly, within days. But it’s most common for a relapse to develop gradually. Knowing the triggers and noticing the signs of relapse as early as possible can help prevent the relapse from occurring—or reduce its severity. Early intervention may help avoid hospitalization—or make it possible for a person to have a shorter hospital stay and get back to his or her life and recovery.

Fundraising  A Thank You to All

Because of your support, NAMI raised over $4,600 to support NAMI Northern Illinois programs.

TOP SELLERS

Fannie May Candy Bars
Loretta and Mike Schultz

Bergner’s Communtiy Day Event
Sandy DiBenedetto

Cashews and Mixed Nuts Sales
Tammy Lewis
Scott Mishmash

Rockford Association of Clubs
Licensed Beverage Association
Northern Illinois Board of Directors
President
David Gill
Vice-Presidents
Pam Jacobson
Bernie Marinelli
Secretary
Mary Gubbe Lee
Treasurer
Lynn McGill
Ex Officio
Robin Garvey
Directors
Mary Ann Abate
Nancy Basik
Joe Capone
Bob Harms
Steve Huber
Theresa Michels
Jean Morrow

Committees
By-Laws
Joe Capone
Consumer Council
Darius Perry
Education
Kathy Chamberlain
Harriet Roll
Jean Morrow
Finance
Lynn McGill
John Burns
Fundraising & Promotions
Jean Morrow
Legislation
Nancy Basik
Membership
Bev Capone
Nominations
Jean Morrow
Newsletter
Pam Jacobson
Programs
Casey Euell
Stars of Lights
Mary Gubbe Lee
Volunteers
Vida Marshall
Liaisons
Randy Roberson,
Stepping Stones

Meetings held last Tuesday of the month; open to the public.
Location:
Stepping Stones of Rockford

The Giving Tree

In Memory of Dr. Shan-Chin Tsai
Mrs. Shu Yi Tsai

In Memory of Susan Gable
Lisa Novak
Sharon Jones
Mary Kay Tapp
Steve & Gina Schneeberger
Ronald & Josephine Aaronson
Erik & Amber Smith Skoglund

In Memory of David Holman
Alice M. Stoneburner

General Donations
Thomasetta Chilton
Brian Lyngaa
Marie Broughton
Diann Krigbaum
Brad & Sue Roos
David & Kathleen Cerutti

Mental Illness Awareness Week
Sandy DiBenedetto
Mike & Robin Garvey
Paul Logli
Trish Rooney
Sandy Zahn
Robert & Barbara Harms
Heidi Korf
Joyce & Bill Zartman

Gifts of Hope

Glenn & Nancy Basik
Sathish Kumar Cullath &
Sangeetha Sathish Kumar
Robert & Barbara Edmunds
Janice Henningens
Cleo Johnson
Nancy Leitsschuh
Sue Lewis
Betty Miller
Margriet Murphy
Elaine Pfluger
Trish Rooney

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Marianne Lombard-Koy
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Rolf & Maggie Thieneman

Bowling for Recovery
Mary Gubbe Lee
In Honor of Dee Witte
Dan & Kathy Chamberlain

In Memory of Eldon Wigget
Joe & Bev Capone
Stephen & Joanne Newton
Bill & Jean Morrow
Glenn & Nancy Basik

In Memory of Stephanie A. Jacobson
-the families of:
Mark Heineck
Greg & Kris Heineck
Brad & Julie Heineck
Scott & Dorothy Howard
Rick & Pam Jacobson

 Contributions

Glenn & Nancy Basik
Sathish Kumar Cullath &
Sangeetha Sathish Kumar
Robert & Barbara Edmunds
Janice Henningens
Cleo Johnson
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The Stars of Light travelling theatre troupe began in 1995 and continues to this day with dramatic, high-impact presentations about the true nature of mental illness.

Performers include people with mental illness and other community volunteers that make performances entertaining and informative.

Volunteer Opportunities ☞ Call 815.963.2470

- Sell booklets at Bergner’s on Fridays & Saturdays, or sell booklets to friends
  - 100% of proceeds from booklet sales goes to NAMI
  - Coupons may be used on Bonus Buys
  - Contact: Eileen Herring

- Graphics Design Help
  - NAMI Northern Illinois needs someone with strong MS Publisher and MS PowerPoint skills for seasonal projects.
  - Contact: NAMI Office

Consider giving the gift that will keep giving..... remember NAMI Northern Illinois in your Will or Living Trust, for example:

- Leave a portion of your Life Insurance
- Designate NAMI Northern Illinois as a beneficiary of your IRA
- Give cash or check donation to:

NAMI Northern Illinois
PO Box 6971, Rockford, IL 61125
www.nami.org/northern-illinois
815.963.2470

Community Foundation
946 N. 2nd St, Rockford, IL 61107
www.cfnil.org
815.962.2110, Ext. 16

Your gifts are most appreciated as they will guarantee the continued growth and success of NAMI Northern Illinois. Donations reduce estate and income taxes—allowing avoidance of capital gains.

Stars of Light

Thursday
January 29, 2015
Boone County Corrections
Boone County Jail
Belvidere
11:00 a.m.

Thursday
February 5, 2015
Boone County Corrections
Boone County Jail
Belvidere
11:00 a.m.

Sunday
February 8, 2015
The Villa at P. A. Peterson
1311 Parkview Ave.
Rockford
3:00 p.m.

Wednesday
March 25, 2015
Jubilee Center
412 N. Church Street
Rockford
11:30 a.m.

Wednesday
April 1, 2015
Rock Valley College
Student Center Atrium
3301 N. Mulford Rd.
Rockford
12:00 noon

Tuesday
April 28, 2015
Rock Valley College Center for Learning in Retirement
3350 N. Bell School Road Rm 13
Rockford
2:00 p.m.

Schedule Updates & Volunteer Info:
Mary Gubbe Lee
815.721.2247
nami.org/northern-illinois
### NAMI Northern Illinois’ Groups & Courses

<table>
<thead>
<tr>
<th>NAMI Educational Courses</th>
<th>NAMI Support Groups</th>
<th>NAMI Speakers</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Family-to-Family</strong></td>
<td><strong>Basics</strong></td>
<td><strong>Connection</strong></td>
</tr>
<tr>
<td>Learn to partner in recovery with an adult family member with mental illness through listening and communication, being prepared for crisis, and developing empathy and advocacy skills.</td>
<td>Fundamental information is presented that helps caregivers learn to take are of themselves, their families and their children with mental illness and mental health challenges.</td>
<td>Peer-led recovery focused support group for people living with mental illness. Confidential, safe group offers respect, understanding, encouragement and hope.</td>
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<tr>
<td>2.5 Hrs Weekly</td>
<td>2.5 Hrs Weekly</td>
<td>1.5 Hrs Monthly</td>
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<tr>
<td>12 Wk Course</td>
<td>6 Wk Course</td>
<td>1-2 Facilitators</td>
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<td>2 Facilitators</td>
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### NAMI Support Group Schedule

**Free • No Registration Required**

<table>
<thead>
<tr>
<th>Family Support</th>
<th>1st Tuesday of the Month</th>
<th>7 pm</th>
<th>SwedishAmerican Heart Hospital</th>
<th>Charles St Entrance Conference Rm 2-3</th>
<th>Nancy 815.399.4476</th>
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</thead>
<tbody>
<tr>
<td>Jan 6 • Feb 3  • Mar 3</td>
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<table>
<thead>
<tr>
<th>Family Support</th>
<th>3rd Tuesday of the Month</th>
<th>7 pm</th>
<th>Our Savior’s Lutheran Church</th>
<th>3300 Rural St Rockford</th>
<th>DiAnn 815.543.3443</th>
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</thead>
<tbody>
<tr>
<td>Jan 20 • Feb 17 • Mar 17</td>
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<table>
<thead>
<tr>
<th>Family Support</th>
<th>3rd Monday of the Month</th>
<th>8 am</th>
<th>Grandma’s Restaurant</th>
<th>320 Chrysler Dr Belvidere</th>
<th>Jean 815.399.9686</th>
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<tbody>
<tr>
<td>Jan 19 • Feb 16 • Mar 16</td>
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<tr>
<th>Parents of Youth</th>
<th>4th Monday of the Month</th>
<th>6:30 pm</th>
<th>Heartland Comm Church</th>
<th>1280 S Alpine Rd Rockford</th>
<th>NAMI Office 815.963.2470</th>
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<tbody>
<tr>
<td>Jan 26 • Feb 23 • Mar 23</td>
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### NAMI Educational Course Schedule

**Free • Call to Register**

<table>
<thead>
<tr>
<th>Family-to-Family</th>
<th><strong>Begins Mid-March</strong></th>
<th>Stepping Stones</th>
<th>706 N Main St Rockford</th>
<th>NAMI 815.963.2470</th>
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<tbody>
<tr>
<td>Register Now</td>
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<tr>
<th>De Familia A Familia</th>
<th><strong>Winter 2015</strong></th>
<th>La Voz Latina</th>
<th>730 N. Church St Rockford</th>
<th>Erica 815.965.5784</th>
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<tr>
<td>Registration Now</td>
<td></td>
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<tr>
<th>NAMI Basics</th>
<th><strong>Begins in April</strong></th>
<th>Rosecrance Berry Campus</th>
<th>8616 Northern Av Rockford</th>
<th>NAMI Office 815.963.2470</th>
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<td>Register Now</td>
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For updated group and course schedules: Subscribe: naminorthernillinois@gmail.com Website: nami.org/northern-Illinois Find us on Facebook
Bruce Person, LCSW, Geiger Clinic of Psychiatric Care
Bruce is committed to enhancing the well-being and coping skills of his mentally ill clients. He educates them, gives them emotional support and uses his free time to make contacts for them, enabling them to find jobs, places to live, and community support. Bruce is a compassionate, caring and competent professional dedicated to his clients.

Judge Janet Holmgren, Presiding Judge of the Juvenile and Problem-solving Courts Division of the 17th Judicial Circuit Court
Her nominator said “I am nominating Judge Holmgren for a 2015 Star of NAMI due to her continued support and advocacy for individuals with mental illness. She works tirelessly to ensure that when and if an individual enters the criminal justice system and has a mental illness, therapeutic justice is provided. Judge Holmgren demonstrates a passion for those needing advocacy through the system.

Become a member of NAMI-Northern Illinois, NAMI-Illinois State and the National NAMI.
Member publication benefits: NAMI, the Advocate, monthly e-newsletter, NAMI Now, Northern Illinois’ Changing Times. All members receive the same benefits for one year.
NAMI-Northern Illinois•PO Box 6971•Rockford, IL 61125 nami.org/northern-illinois

☐ PRINT name(s) as you wish it to appear in our membership.  ☐ NEW membership
☐ WISH to remain anonymous.  ☐ RENEW membership

Prefix: ___Dr. ___Mrs. ___Mr. ___Ms.
Names(s):
Address:
City:
State/Zip:
Phone:
Email:
Membership Level:
Level $

Additional: (Circle One)
Donation / In Memory of / In honor of / On the occasion of $
Planning to move?
Please let us know your new address, so Changing Minds may follow you to your new home! Call 815.963.2470 or email Beverly at joebevrox@comcast.net

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
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<td><strong>More Program Details Inside!</strong></td>
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