



The Blue Iris Chronicle



Advocating for support, effective treatment, and education for individuals and families directly and indirectly affected by mental illness in our community

Vol. 2 No. 5 | June 2019

Ending the Silence Community Event Raises Awareness of Child & Adolescent Mental Health



Susan Modlin discusses the effects of mental health on children and adolescents at Ivy Tech Community College

On June 12, NAMI West Central Indiana hosted a free Ending the Silence for Families presentation at the Ivy Tech Lafayette Campus. The event was open to anyone in the community and presented information about children's and adolescent's mental health.

The event featured two speakers: Susan Modlin, a nurse who has family members living with a mental illness, and Nichole Ramirez, NAMI West Central's former Board President who lives with a mental health condition. Susan began with a presentation that included warning signs and symptoms, how to talk to children and adolescents about mental health, and how to advocate for your children with school staff and healthcare professionals. She emphasized the importance of early intervention as well as how parents can help their children keep a positive outlook: "Their mental health condition is only one part of who they are," Susan said, "And we can remind them that there's still a lot to laugh about, and they can continue doing all the things they love."



(Left to right): Nichole Ramirez, Susan Modlin, and Lisa Harker answer audience questions at the end of the event.

Then, Nichole shared her story about her own experience with a mental health condition. She first described the events leading up to her diagnosis and then reflected on some symptoms she exhibited as a child, but that went unnoticed since she always did well in school. "I wish my parents would have went to a presentation like this," Nichole expressed, "so they could have seen the warning signs."

The event was a success with 61 people in attendance, including several notable community members: State Rep. Chris Campbell, State Rep. Sheila Klinker, and Sheriff Bob Goldsmith. NAMI West Central thanks them and everyone else in attendance for caring about the mental health and wellbeing of children and adolescents in our community.

We also thank our Ending the Silence coordinator, Lisa Harker, and our presenters, for all their hard work in organizing the event.

NAMI West Central Pleased to Introduce New Board President and Vice President

This month we highlight our newly elected Board President, Nick DiCarlo, and Vice President, Carol Ott. To help our members learn more about our new leaders, we asked both Nick and Carol to share their experiences and aspirations with NAMI:



Nick DiCarlo, President

How did you get started at NAMI West Central?

I got started with NAMI when I was asked to be a part of the team that trained CIT Police Officers. I did that and then was asked to be on the Board.

What is your proudest accomplishment as a board member/what NAMI accomplishment are you most proud of?

I am proud that I was a part of the group of people that decided it was time for NAMI to have a full-time Executive Director to help NAMI grow and provide even more great services to our consumers.

What is your vision as the new Board President? Where do you see NAMI West Central heading over the next two years?

As the new Board President, I would like to focus on a few things, including making NAMI have more name recognition in the community. During my time as president I would hope that we can figure out if we are staying in this current building or if we need a different space. We also need to continue to work on financial stability so that we can continue to offer all of our great services to the community.

Anything else you'd like to add about NAMI/your experiences?

I am proud to be a part of NAMI and a board member as we make some exciting changes and improvements.



Carol Ott, Vice President

How did you get started at NAMI West Central?

I started with NAMI WCI when Astrid Hastak asked me to provide a presentation for the CIT training for police officers about psychiatric medications, reasons they are used, side effects, expectations the officers might have about people who are taking these medications. I also had some interaction with NAMI on Campus through a pharmacy student organization, CPNP Purdue (College of Psychiatric and Neurologic Pharmacists Purdue Chapter) that I am the faculty advisor for. I met Nichole Ramirez through NAMI on Campus and she was on the Board of Directors for NAMI WCI.

What is your proudest accomplishment as a board member/what NAMI accomplishment are you most proud of?

I think that my role on the board includes the potential for NAMI WCI involvement for Purdue students, specifically pharmacy students. Purdue students are at the right age to be volunteers and speakers for Ending the Silence and, since I am a faculty member in the College of Pharmacy and a faculty advisor, I can bring these opportunities to Purdue students so that they can engage and begin to develop a life-long commitment to community service.

I think our Board and executive director/NAMI WCI staff work very well together. We've gotten to know each other and really want to increase the visibility of NAMI WCI in the Greater Lafayette community and the surrounding counties that we serve. We have many opportunities to expand partnerships and services with our move to the new building, something that the Board is excited about.

What is your vision as the new Board Vice President? Where do you see NAMI West Central heading over the next two years?

I believe that we have a very active board with a diversity of members that bring a variety of experience in the community to NAMI WCI. I would like to see the NAMI WCI Gala continue, as well as the NAMI Fall Classic 5K, with increased engagement with Purdue students and others in the community. The Ending the Silence program has been successful and I hope it will continue to be. We are looking at ways to start new support groups that are focused on children/adolescents and parents to expand our services.

I think that the most important part of the vision that I have for NAMI WCI is to increase community awareness of NAMI WCI, what we do, how we can partner with the community, and provide support. I think we are currently the best kept secret in Tippecanoe and surrounding counties..

Anything else you'd like to add about NAMI/your experiences?

I'd like to thank Sheri Moore, the NAMI WCI staff, and the rest of the Board of Directors for your enthusiasm and dedication to the success of NAMI WCI. I appreciate all of you and look forward to working with you now and in the future.

NAMI West Central thanks Nick and Carol for their service and commitment, and looks forward to their leadership and guidance over the next two years!

NAMI West Central on the Go! Members Attend State and National Conferences

NAMI Indiana Leadership Conference



Eight NAMI members attend the annual NAMI Indiana Leadership conference at Marian University.

NAMI West Central members attended NAMI Indiana’s annual Leadership Conference on Saturday, June 8 at Marian University in Indianapolis. The purpose of the conference is to help affiliates network, exchange ideas, and keep updated on NAMI principles and strategic goals.

This year’s conference featured opening remarks from Amy Brinkley, Bureau Chief at Office of Family and Consumer Affairs at the Division of Mental Health and Addictions (DMHA). Amy discussed the partnership between NAMI Indiana and the DMHA. Our very own Joy Mabbitt also lead a workshop titled “Irreplaceable Volunteers,” which addressed how to recruit and maintain volunteers as well as prevent them from burning out.

NAMI West Central would like to thank NAMI Indiana for hosting this invaluable event each year.

NAMI National Convention



Lindsey Macdonald at the NAMI National Convention, held within walking distance of the iconic Space Needle!

Lindsey Macdonald, our *Blue Iris Chronicles* editor, attended the NAMI National Convention, which was held June 19-22 in Seattle, WA.

The convention, with the theme "Our Movement. Our Moment," featured a variety of speakers—from federal officials and lawmakers to mental health professionals and individuals with lived experience and family members—and panels on an array of topics, including advocacy, legislative priorities, research, and personal development.

For example, the opening plenary speaker, Dr. Elinore McCance-Katz—Assistant Secretary for Mental Health and Substance Use and the first psychiatrist to lead the Substance Abuse and Mental Health Services Administration (SAMHSA)—sat down with Acting CEO Angela Kimball to address questions about SAMHSA priorities and how NAMI members can advocate on the federal level.

At one of the panels, NAMI national introduced a new program initiative, "Sharing Your Story with Law Enforcement," where peers and family members are trained together to share their stories during law enforcement trainings, like CIT.

DONATE While You DINE

Give LOCAL
FOOD. FAMILY. FUTURE.
Culver's

Please join us for dinner and help support the National Alliance on Mental Illness WCI with a percentage of sales going to support this great program!

Monday, July 22, 2019 5 p.m. to 8 p.m.

Culver's of Lafayette
340 N Creasy Ln
Lafayette, IN 47905
(765) 449-1169

CULVERS.COM
© 2018 Culver Franchising System, LLC.
Limited time offer. At participating Culver's restaurants. 7/18



Left: Angela Kimball talks with Dr. McCance-Katz; **Right:** Shannon Scully, Manager of Criminal Justice & Advocacy at NAMI introduces panel on Sharing Your Story with Law Enforcement.

NAMI West Central is grateful for all the support and valuable information shared at the national convention.

NAMI Recognizes June as LGBTQ+ Pride Month



June was Pride Month, so NAMI West Central would like to take the time to show love and support for our LGBTQ+ members.

It is important to address our LGBTQ+ family as they are often faced with a double stigma associated with their sexual and/or gender identity as well as their mental health condition and, in turn, experience worse health outcomes.

According to NAMI.org:

- LGB adults are more than twice as likely as heterosexual adults to experience a mental health condition
- LGBTQ people are at a higher risk than the general population for suicidal thoughts and suicide attempts

- High school students who identify as lesbian, gay, or bisexual are almost five times as likely to attempt suicide compared to their heterosexual peers
- 48% of all transgender adults report that they have considered suicide in the past 12 months, compared to 4% of the overall US population

If you would like to get involved in or learn more about our local LGBTQ+ community, check out [Pride Lafayette](#).

NAMI West Central is proud to support the LGBTQ community not only during Pride Month but throughout the entire year.

July is Minority Mental Health Awareness Month



NAMI is continuing its WhyCare? campaign with Minority Mental Health Awareness Month all through July.

Mental health conditions do not discriminate based on race, color, gender, or identity. Anyone can experience the challenges of mental illness regardless of their background. However, background and identity can make access to mental health treatment much more difficult. National Minority Mental Health Awareness Month was established in 2008 to start changing this.

While American mental care as a whole needs improvement, marginalized communities are especially affected by our current crisis.

Taking on the challenges of mental health conditions, health coverage and the stigma of mental illness requires all of us. In many communities, these problems are increased by less access to care, cultural stigma, and lower quality care.

Help us spread the word through awareness, support, and advocacy initiatives. Listen to [minority mental health stories](#), share [minority mental health awareness information](#), and participate in the WhyCare? campaign for #MinorityMentalHealth throughout the month of July.

All the Ways to Give to NAMI West Central

NAMI West Central needs your support to keep our services and programs running in the community! Below you'll find several ways that you can give to NAMI West Central:

Donate or fundraise through Mightycause

Mightycause is a fundraising platform that streamlines the donation process. NAMI West Central has set up its own [Mightycause page](#), where you simply click the "Donate" button and select the amount you'd like to contribute. You can also set up a recurring monthly donation, or even start your own online fundraiser.

Join Kroger Community Rewards Program

NAMI West Central is a part of the Kroger Community Rewards Program. If you have a Kroger Plus card or Kroger Visa, Kroger will contribute a portion of your purchases to NAMI West Central.

To enroll, call 1-866-221-4141 and provide your Kroger Plus ID number and the NAMI West Central rewards program number, which is LP004.

You can also enroll and link your account online, as shown below:



How to Support NAMI-WCI Through Kroger Community Rewards

1. Visit www.krogercommunityrewards.com
2. Click **Create Account**. Follow the steps to create an account and type in the number of your Kroger Plus Shopper's Card.
3. **Sign on** with your new Kroger ID.
4. Visit kroger.com/account/enrollCommunityRewardsNow/
5. **Click** View Details under "Want to enroll in Community Rewards"



Kroger will now donate a % of your grocery shopping every time you use your Kroger Plus Card!

Contribute to the NAMI West Central Endowment Fund

In 2016, NAMI West Central set up an endowment fund with the Community Foundation of Greater Lafayette. The fund enables supporters to bequeath gifts to the fund in their wills or list the fund as a beneficiary. Supporters can also give a gift of stock to the fund as well as make direct donations at any time.

Please contact the [Community Foundation of Greater Lafayette](#) if you are interested in making a contribution to the fund.

Purchase products through AmazonSmile

When customers shop through [AmazonSmile](#), which uses the same interface as the regular Amazon website, the AmazonSmile Foundation automatically donates 0.5% of the price of eligible purchases to charitable organizations selected by customers.

When customers first visit smile.amazon.com, they are prompted to select a charitable organization. NAMI West Central can be found by typing "NAMI West Central Indiana" into the search bar. Then, you can use your normal Amazon account information to purchase products and, at the same time, support NAMI West Central's mission and work in the community.

NAMI-WCI Craft Club Returns; New Euchre Club Begins!



Now that NAMI West Central has settled into its new home, we are happy to announce that we have resumed Craft Club and started Euchre Club! Craft Club will now meet every Tuesday at 5:00 PM, and our new Euchre Club will play every Thursday starting at 1:00 PM.

If you're not familiar with Euchre, it is a four-person card game and popular Hoosier pastime. All experienced players will help those new to the game learn how to play!

Craft Club and Euchre Club are held at 913 Columbia Street. Both are FREE and open to anyone who wants to join.

Educational Programs

Peer-to-Peer is a FREE education program for people recovering from serious mental illness. Students participate in 8 weeks of classes on topics such as medications, signs of an impending relapse, patients' rights, and obstacles to recovery. Classes are taught by trained NAMI peer leaders. Registration is required.

Family-to-Family is a FREE education program for family members, caregivers, and loved ones of individuals living with mental illness. The class contains 11 weeks' worth of course materials intended to help family members understand and support their ill relative while maintaining their own wellbeing. Registration is required.

To register for a program, call 765-423-6939 or email jmabbitt@nami-wci.org

Presentations

Ending the Silence is a presentation facilitated by Purdue University students that can be customized for parents, teachers, or middle school and high school students to teach them about the signs and symptoms of mental illness.

NAMI FaithNet presentations equip clergy and congregations so they can create stronger support systems and welcoming, empathetic faith communities for people living with mental illness and their families.

In Our Own Voice is a FREE presentation given by individuals living with mental illness to increase awareness and reduce stigma. IOOV is available for groups, including schools, companies, and church or faith communities of any size.

To schedule a presentation, call 765-423-6939.

Support Groups

Connection Recovery Support Group is a peer-based support group for adults facing challenges from any serious mental illness. Registration is not required, and there is no fee.

When: Tuesdays, 10:00-11:00 AM and/or Thursdays, 6:00-7:30 PM at the NAMI office, Mondays, and Tuesdays, 2:00-3:30 at the VO Clubhouse.

Family Support Group is for adult family members who have a loved one with a serious mental illness. The group uses a problem-solving, workshop format. Registration is not required, and there is no fee.

When: 1st and 3rd Tuesday of every month, 7:00-8:30 PM

All support groups, Peer-to-Peer, and Family-to-Family education programs are held at the NAMI office on 913 Columbia Street behind the Mental Health America building, with the exception of TCCC Connection, which meets Wednesdays at 12:00 PM and is not open to the public

BOARD OF DIRECTORS

Officers

*President: Nick DiCarlo
Vice President: Carol Ott
Secretary: Marlaya Wyncott
Treasurer: Christina Devine*

Board Members

*Lorri Foster
Jason Huber
Dick Moore
Carol Ott
Nick Piotrowski
Ann Shallenbeger
Pam Weaver*

Staff

*Executive Director: Sheri Moore
Program Director: Joy Mabbitt
Program Coordinator: Lisa Harker
Community Engagement Coordinator: Gail Huff
Accounts Specialist: Nettie Haab
Administrative Assistant: Andy Rice*

*NAMI-WCI
913 Columbia Street
Lafayette, IN 47901
765-423-6939
www.nami-wci.org
info@nami-wci.org*

*facebook.com/NAMI.WCI
twitter.com/namiwci*

Join or Contribute to NAMI-WCI!

Join NAMI-WCI in fighting stigma and stereotypes associated with mental illness. Help us reach out to those living with mental illness and educate families, allies, and communities about confronting and living with a mental illness. Help us continue to offer support to individuals and families in need.

Membership Payment Information

- **Regular annual membership:** \$40/year
- **Household annual membership:** \$60/year (includes all individuals who live at one address; all names must be listed on membership form)
- **Open door annual membership:** \$5/year minimum (Those on limited incomes are invited to join NAMI-WCI at a membership rate of their choosing, but no less than \$5.)

To join or donate to NAMI-WCI, complete the [NAMI-WCI Membership and Donation form](#), or donate through our [Mightycause](#) page. Please make all checks and money orders payable to **NAMI West Central Indiana** and send to the following address:

NAMI-WCI
913 Columbia Street
Lafayette, IN 47901

** For memberships, your name and a portion of your membership dues will be shared with NAMI and NAMI Indiana

** Members will receive a renewal notice when their one-year membership is going to expire. Please notify us about mailing address and email changes.

** NAMI-WCI is a 501(c)3 organization. Contributions to NAMI-WCI are tax deductible to the extent of the law.