



**NAMI**

National Alliance on Mental Illness

Northern  
Illinois

*Changing  
Minds*

**The Newsletter of NAMI Northern Illinois**

**November and December 2011**

**Inside This Issue:**

- "Illinois Must Stop Stepping Over a Dollar to Pick Up a Dime!" 1
- Gifts of Hope 2
- Stars of Light Theatre Troupe 2
- Membership Form 2
- Get To Know NAMI 3
- Rosecrance Merges with Janet Wattles Center 4
- Individual Placement and Support (IPS) project 5
- Support Groups 6
- Volunteer Interest 6
- NAMI Program Schedule 7
- Bergner's Day 8

**Visit the NAMI Northern Illinois Facebook page for latest updates and news.**

**"Illinois Must Stop Stepping Over a Dollar to Pick Up a Dime!"**

**Illinois must maintain an adequate number of inpatient beds for psychiatric treatment.**

**Illinois is in crisis:** Psychiatric beds are proposed for elimination at the same time that community services, including crisis intervention and crisis stabilization programs are at their lowest capacity - and funding - in years. This in effect, leaves few, if any options for responding to people in crisis. History illustrates that eliminating hospital beds when there are no appropriate community alternatives is irresponsible and cruel public policy that only leads to shifting of costs to criminal justice systems, emergency departments and nursing homes rather than to true cost savings.

The development of a strong infrastructure of community-based services could decrease the need for inpatient beds, but Illinois' already decimated infrastructure of these vital services is today inadequate in virtually all of Illinois.

NAMI Illinois opposes closure of three of Illinois' state operated mental health facilities and the restructuring of services at others until there are adequate programs in place that guarantee treatment options for individuals needing a high level of mental health care on a temporary basis. Those services must address and include temporary hospitalization, outpatient stabilization with on-going access to effective medications, and reintegration supports with treatment in the community. An appropriate range of options for responding specifically to psychiatric crises could include mobile crisis teams, 24-hour crisis stabilization programs, and inpatient beds in community hospitals.

With effective systems and supports, there is always a reduced need for hospitalizations, but the crisis component must still be effectively addressed; and the reality is that some beds will always be needed for individuals requiring intermediate or long-term care.

**CONTACT US:**

NAMI Northern Illinois  
P.O. Box 6971  
Rockford, IL 61125  
815-963-2470  
www.nami.org/northern-illinois

Over the past five years disproportionate funding cuts to mental health services have eroded community services in every community in Illinois. Some community providers have been forced to close; all others have been forced to reduce staff and services.

*Continued on page 5*

# Gifts of Hope

NAMI will be collecting money and small gift items to fill the gift bags for people who will be inpatient at area hospitals during the holidays.

Appropriate items include: magazines, books, small amounts of candies and snacks, socks, etc.

If you would like more information how you can donate to Gifts of Hope please call NAMI Northern Illinois at 815-963-2470



## December 6th, 2011 at Stepping Stones at 6:30 PM

The Stars of Light will be giving a special presentation at the December NAMI meeting.

The Stars of Light Theatre troupe travels to schools, churches, clubs and organizations and stages presentations about mental illness, stigma and recovery. The troupe has been performing since 1995 and is composed of persons with mental illness, family members, staff and community volunteers. Shows can be tailored to particular audiences. Most shows run for 30 minutes and are followed by a "talk back" where the troupe can answer questions and share personal stories. For more information about upcoming events, call (815) 720-5097.



### **BECOME A MEMBER—SUPPORT NAMI NORTHERN ILLINOIS!**

NAMI Northern Illinois is a non-profit organization affiliated with NAMI, The National Alliance on Mental Illness.

#### ANNUAL MEMBERSHIP DUES

<b>Individual-\$30</b>	<b>Family-\$40</b> (please list family members below.)	<b>Advocate-\$50</b> (for those who wish to make an additional donation.)	<b>Open Door-\$5</b> (for those whose funds are limited at the present time.)
------------------------	---	--	--

#### **Membership brings you these publications:**

NAMI *Advocate* (quarterly) • NAMI Illinois *Stateline* (quarterly via email) • NAMI NI *Changing Minds* (bi-monthly)

**Please list your name(s) as you wish it to appear in our membership roll:**

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_



## Northern Illinois

**NEW!!!**  
Now you may join NAMI online. Just go to [www.nami.org](http://www.nami.org), click "Take Action", then "Register and Join."

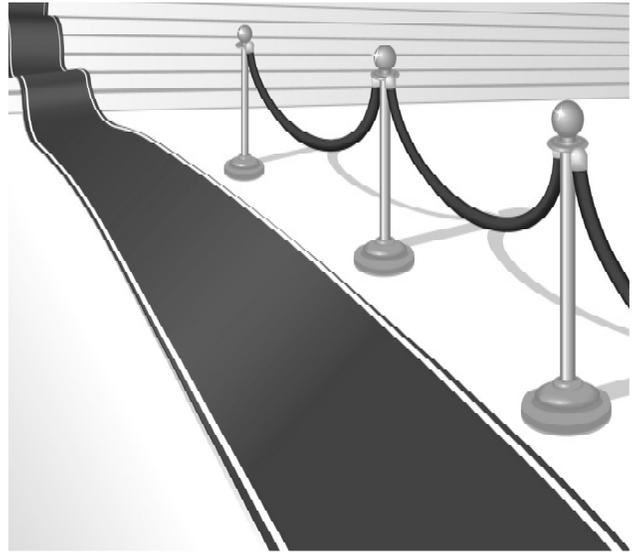
Membership Level : \_\_\_\_\_ Additional Donation: \_\_\_\_\_  
Total enclosed: \_\_\_\_\_

Please mail this form with your check to:  
NAMI Northern Illinois • P.O. Box 6971 • Rockford, Illinois 61125

**Thank you for your membership!**

**NAMI Northern Illinois****ATTENTION NAMI MEMBERS!**

Get ready to ***“ROLL OUT THE  
RED CARPET”*** for NAMI!



**WHAT:** Get to Know NAMI. It's free!  
**WHEN:** March 6, 2012 3:00-7:00 PM  
**WHERE:** Klehm Arboretum  
 2715 South Main  
 Rockford, IL 61102

**WHY:**

- To promote NAMI as a beneficial resource for consumers, families, mental health providers and the general public by educating, advocating, and supporting individuals and families who are affected by mental illnesses.
- To recognize a star who has extended him/herself by providing services for individuals and families affected by mental illnesses.
- To show our appreciation by recognizing a Friend of NAMI.

**WE NEED THE PARTICIPATION AND INVOLVEMENT OF ALL NAMI MEMBERS TO MAKE THIS EVENT A HUGE SUCCESS AND TO SPREAD THE WORD ABOUT THE WORK OF NAMI AND THE VALUE OF BEING A NAMI MEMBER!!!!**

**YOU CAN HELP! BY:**

- Complete the enclosed nomination form for Star of NAMI
- Plan to attend the event March 6, 2012
- Spread the word!!!

**HAVE QUESTIONS ???? JUST CALL**

Julie Buchmann 815-965-2687  
 Bev Capone 815-962-8630  
 Eileen King 815-985-6495  
 Adrienne Langley 815-987-7025  
 Jean Morrow 815-332-4744  
 Erin Harsevoort 815-282-7045  
 Tammy Lewis

buch1611@aol.com  
 joebevrox@comcast.net  
 eking@theoutsourcgroup.net  
 Adrienne.Langley@comcast.net  
 jmmorrow2@frontier.com  
 erinh@theoutsourcgroup.net  
 mstam7@aol.com

**THANKS FOR YOUR HELP IN PROMOTING NAMI NORTHERN ILLINOIS**

**Rosecrance Merges with Janet Wattles Center**

**If you need any assistance in obtaining mental health services, please feel free to call us. 815-963-2470**

On September 1, 2011, Rosecrance and Janet Wattles Center officially merged into one corporation. Rosecrance renamed the Mildred Berry Center as the Rosecrance Berry Campus, the Janet Wattles Center in Belvidere as the Rosecrance Belvidere Clinic and downtown Janet Wattles building as the Rosecrance Ware Center. “It feels right to name this building (the former Janet Wattles Center on West State Street) in honor [sic] of Frank Ware, who dedicated his entire career to improving the lives of people with serious mental illness,” Rosecrance President/CEO Philip W. Eaton said. Frank H. Ware, former JWC CEO, passed away suddenly in February 2011.

Frank was a visionary and a true advocate for mental health services in the community and throughout the state. Frank’s passing was a great loss to not only his family, friends and colleagues, but also to the mental health system overall. He was a strong business man, in the fact that he knew what those with mental health issues needed and made it happen, despite the continuous struggles with funding. He fought for those who needed it most.

The goal of the merger is to provide better behavioral health services in the community. Over the past several years there has been such a disconnect between substance abuse treatment and mental health service for various reasons. Frank’s dream for the affiliation between Janet Wattles Center and Rosecrance was that individuals with both mental illness and issues with addiction would be able to receive seamless care and avoid individuals getting lost in the system.

Rosecrance Director of Communications, Judy Emerson, stated that the merger will help to improve services. She went on to say that renovations are being done at the Rosecrance Ware Center to streamline service and get people where they need to go as well as make clients feel as though the atmosphere is respectful of their privacy.

It is the dawn of a new era for behavioral health where substance abuse treatment and mental health services come together under one organization. While the Rosecrance Ware Center and Rosecrance Berry Campus will still be providing mental health services, some services may look a little different than they did.

NAMI has still found obstacles in accessing care within the newly integrated system. NAMI has hope that through this merger or other community affiliations Frank’s dream may become a reality eventually.

NAMI Northern Illinois is here for you as an advocate. If you need any assistance in obtaining mental health services, please feel free to call us. 815-963-2470

Erin Harsevoort  
NAMI Northern Illinois Newsletter Editor

**Board of Directors 2010**

Eileen King:  
President

Imogene Rowland:  
Vice President

John Burns:  
Treasurer

Joanne Newton:  
Secretary

Bruce Parks:  
Director

Vicky Braun:  
Director

Susie Schmidt:  
Director

Jean Morrow:  
Ex-Officio

***“Illinois Must Stop Stepping Over a Dollar to Pick Up a Dime!” - continued from page 1***

Eligibility for community-based mental health services has been reduced to individuals who are enrolled in Medicaid, leaving all Illinoisans who do not have private insurance or public funding without access to any type of mental health treatment or care.

State operated hospitals meet a need for a safety net of service when all else has failed. From 2007-2009 Illinois has seen an increase in numbers of individuals served in state operated hospitals, increasing from 8,126 people served in 2007 to 8,742 people served in 2009. On the converse, there has been a dramatic decline in people served by state funding, i.e. 179,580 in 2007 versus 168,513 served in 2009. These numbers corroborate the relationship and the unintended impact of reducing services in the community, only to have needs met through higher cost services. Demands for public mental health services are growing; ***Illinois must stop stepping over a dollar to pick up a dime!***

Lora Thomas,  
NAMI Illinois Executive Director  
(217) 522-1403  
NAMI Illinois' Position on Closure of Three Illinois Mental Health Facilities

**Individual Placement and Support (IPS) project**

The Johnson & Johnson – Dartmouth Community Mental Health Programs and the Illinois Family Involvement initiative support Illinois' Individual Placement and Support (IPS) project as part of a multi-state family led effort.

IPS: Supported Employment is an evidence-based practice, well defined by 8 principles and client driven. The principles of IPS coincide with the practices of recovery because it gives respect, it is person-centered, gives hope and empowerment.

Locally the Rosecrance Ware Center has been a leader in Illinois in providing this service to their clients. During the intake process the person is asked if she or he would like to work. If the client is interested they are directed to Anne Gulotta who heads up this program. There are now 80 people receiving services with 15 currently working. Recently there were 16 closures. This means that the individual is successfully working and does not need their support any more.

Family involvement is needed. First, support your family member if he/she wants to work. Personalized benefits counseling is provided. Then join the advocacy team for expansion of funding for this evidence based practice and the reduction of stigma.

For additional information on IPS or how to join the team contact Jean Morrow, 815-332-4744, [jmmorrow2@frontier.com](mailto:jmmorrow2@frontier.com)



### NAMI Family Member Support Groups

- Family member support group meeting at 7:00 pm on the 3rd Tuesday of each month at Our Savior's Lutheran Church, at 3300 Rural St., Rockford. **Contact Mary Ann Holmes at 815-877-0670.**
- Family member support group meeting at 7:00 pm on the 3rd Thursday of each month at SwedishAmerican Hospital, 1401 E. State St., Rockford. **Contact Nancy at 815-963-2470.**

#### Belvidere

This NAMI group is for family members of persons with mental illness. Meetings are held at Grandma's Restaurant, 329 Chrysler Drive in Belvidere. Meetings are held at 8:00 a.m. on the 3rd Monday of the month.

Call **Jean Morrow at 815-332-4744.**

#### Care 'n Share

A NAMI support group for family members of children and adolescents with emotional disorders meets on the 2nd Tuesday of the month from 6—7:30 p.m. in the Conference Center at Mildred Berry Center, 8616 Northern Ave., Rockford, IL. Free child care with advance reservations.

**Please call 815-332-6064.**

#### Group Hope

Group Hope offers support groups for consumers, their families and friends most days of the week. For a complete listing of support groups, please visit [www.grouphope.org](http://www.grouphope.org)

or call Dr. Charles Smith at 815-398-9628.

### Volunteer Interest:

- Advocate for Mental Health Individuals and Services
- Financial Expertise
- Promotional
- Man an Informational Booth
- Mailings
- Newsletter Information
- Media
- Speaking Engagements
- Educational Materials
- Legislature

**JOIN OUR LIST by calling..... 815-963-2470.**

If you are interested in volunteering, but none of these needs seem to be a fit for you, feel free to contact Eileen and express your interest. We often have additional volunteer needs that aren't listed. We will do our best to work with your needs and interests to find a way to effectively use your precious time!

**NAMI - Northern Illinois** is a grass roots organization, funded primarily by individual donations and supported by volunteers with a passion for advocacy and mental health education.

November 2011		
1st 6:30 p.m.	<b>Transcranial Magnetic Stimulation (TMS) Presentation by Steve Smith from Aspen Counseling</b>	Stepping Stones 706 N. Main St,
11th - 12th	<b>Bergner's Community Days</b>	Bergner's Store
29th 6:00 p.m.	<b>Board of Directors Meeting</b>	Stepping Stones 706 N. Main St,
December 2011		
6th 6:30 p.m.	<b>Gifts of Hope and Stars of Light Theatre Troupe</b>	Stepping Stones 706 N. Main St, Rockford, IL
TBD 6 p.m.	<b>Board of Directors Meeting</b>	Stepping Stones 706 N. Main St, Rockford, IL
January 2012		
10th* 6:30 p.m.	<b>Specialty Courts program by Michelle Rock</b>	Stepping Stones 706 N. Main St, Rockford, IL
31st 6 p.m.	<b>Board of Directors Meeting</b>	Stepping Stones 706 N. Main St, Rockford, IL
February 2012		
14th* 6:30 p.m.	<b>Valentines Day Party</b>	Stepping Stones 706 N. Main St, Rockford, IL
28th 6 p.m.	<b>Board of Directors Meeting</b>	Stepping Stones 706 N. Main St, Rockford, IL
March 2012		
6th 6:30 p.m.	<b>Get to Know NAMI</b>	Klehm Arboretum 2715 South Main Rd Rockford, IL 61102
27th 6 p.m.	<b>Board of Directors Meeting</b>	Stepping Stones 706 N. Main St, Rockford, IL

# Schedule of Events



**\*Please note that January and February 2012 events are on the second Tuesday of the month.**



PO Box 6971  
Rockford, IL 61125  
Return Service Requested

**\*Planning to move?\***

Please let us know your new address, so  
*Changing Minds* can follow you to your new home!  
Call 815-963-2470 or email  
joebevrox@comcast.net

Non-Profit Organization  
U.S. Postage  
PAID  
Rockford, IL  
Permit NO. 757



**The Fall Bergner's Community Day**

The event will be two days, November 11 & 12. The \$5 Coupon booklet will have one \$10 off coupon on a \$10 or more item, one 20% off Shopping pass that can be used over and over again, 11 bonus buys and more.

Booklets are only \$5 and all proceeds go to NAMI Northern Illinois. In 2010 these events raised over \$1,400 for our NAMI programs. To sell the booklets or buy one contact, Jean Morrow, 815-332-4744.

