



**NAMI**

National Alliance on Mental Illness

Northern  
Illinois

# Changing Minds

The Newsletter of NAMI Northern Illinois

September - October 2011

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## MENTAL ILLNESS AWARENESS WEEK OCTOBER 1-8, 2011



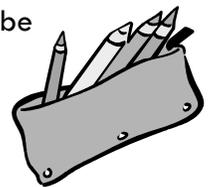
### Art of Healing Gallery

October 1-15, 2011

Barnes&Noble - CherryVale Mall

Art by consumers will be showcased with special displays by Barnes&Noble related to mental health.

The Art of Healing Gallery will be included in the Fall ArtScene by the Rockford Arts Council on October 14-15, 2011.



### Mental Health Fair

Saturday, October 1, 2011 10 AM to 3 PM

CherryVale Mall

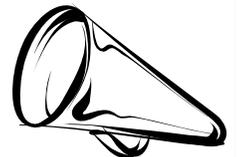
40+ displays of health providers located throughout the mall



### Mental Health Rally

Monday, October 3, 2011 Noon to 1:00 PM

Winnebago County Justice Center - Rockford, IL  
Corner of W. State and Winnebago St.



## CONTACT US:

NAMI Northern Illinois  
P.O. Box 6971  
Rockford, IL 61125  
815-963-2470  
[www.nami.org/northern-illinois](http://www.nami.org/northern-illinois)

# SEE THE PERSON

# NOT THE ILLNESS

## MENTAL ILLNESS AWARENESS



### Inside the World of Childhood Schizophrenia

"20/20" follows three families whose young kids have mental illnesses.



"When you have a mental illness, you live a life without floors. I try to help people live a life without ceilings." Eric Aravz, NAMI Patient Advocate

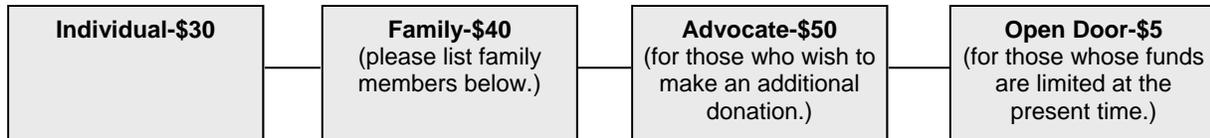


To watch the full show go to:  
<http://abcnews.go.com/2020/video/inside-world-childhood-schizophrenia-10090286>

### 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



#### 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: \_\_\_\_\_



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

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

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

Thank you for your membership!

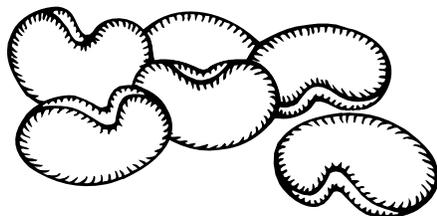
## "You are not alone."

## Fall Fundraiser

### Cashews and Mixed Nuts Sale

The cashews and mixed nuts will be selling at \$10 a box. Our members are to contact Laura Matheson at 815-871-0064 or Imogene Rowland at 815-985-5596 for selling or for ordering by October 1st.

Please note the correction in price from the May/June Newsletter.



## Memories from the 2011 NAMI National Convention

Dear NAMI Northern Illinois,

This July I had the great opportunity to attend the NAMI National Convention in Chicago and saw and heard the excellence that NAMI strives for. It sure was something to see how staff, leaders and volunteers used their ongoing skills to get the convention pulled together. I was amazed at the number of people attending.

Each day there was many things available to choose from and at times it was hard to decide on which one to go to. I attended an enlightening program given by Xavier Amador, a professional and book writer on mental illness. He shares his own story and knowledge with caring, compassion and humor. He had the attention of the whole audience. There also were people that came and shared their stories with us. I was thankful for their courage to help us learn and understand through their experiences.

NAMI brings us all together giving us the opportunity to share our stories and knowledge. The caring, compassion and comforting felt during the convention. I attended the convention with three other women from our area. Our support sharing and humor with one another showed us the way we were quite the foursome.

Mary Ann Hughes

**If you attended the 2011 NAMI National Convention, please share your experience with us. You can email your memories to [erin.harsevoort@gmail.com](mailto:erin.harsevoort@gmail.com) or mail to NAMI Northern Illinois.**

**Mental Illness Defined as Disruption in Neural Circuits**

August 12, 2011 - by [Thomas Insel](#) www.nimh.nih.gov

At the National Institute of Mental Health, NIMH, we usually describe mental illnesses as brain disorders. What does this mean? Is it accurate to group schizophrenia, depression, and ADHD together with Alzheimer’s disease, Parkinson’s disease, and Huntington’s disease? Is studying the nervous system helpful or does this focus on the brain lead to less attention to the mind?

First, mental illnesses appear to be disorders of brain circuits, in contrast to classical neurological disorders in which there are visible changes in brain tissue. For example, heart disease can involve an irregular heart beat (arrhythmia) or actual death of the heart muscle due to a “heart attack”. Both can be fatal, but the cause of the irregular heartbeats may not be visible. In past decades, there was little hope of finding the cause of abnormal brain activity. With new ways of studying the brain with tests like PET, MRI, MEG, and high resolution EEG\*, doctors are beginning to be able to study the mind via the brain. Mapping patterns of brain activity allows doctors to begin to identify what is going wrong in the brain more effectively than by just observing behavior.

Has brain imaging been useful for understanding mental illnesses? While we are still in the early days of using these powerful technologies, recent research shows that studying the brain forces us to change the way we think about mental illnesses.

*Continued on page 7*

Board of Directors  
2011

Eileen King:  
President

Imogene Rowland:  
Vice President

John Burns:  
Treasurer

Joanne Newton:  
Secretary

Bruce Parks:  
Director

Vicky Braun:  
Director

Sue Schmidt:  
Director

Jean Morrow:  
Ex-Officio

**MENTAL ILLNESS AWARENESS WEEK  
OCTOBER 1-8, 2011**

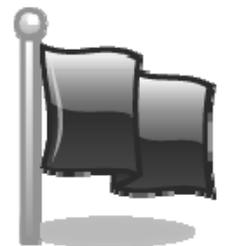
**Red Flags in Children’s Behavior presented by NAMI/RPS  
205 Parent and Community Empowerment Department**

Tuesday, October 4, 2011 6:30 to 9 PM

Lincoln Middle School Auditorium

FREE presentation with FREE childcare provided

Call 815-332-6064 for more information



**Bowling For Recovery**

Saturday, October 8, 2011 1 to 5 PM

Forest Hills Lanes

7742 Forest Hills Road - Loves Park, IL

Just \$15 per person - includes bowling, shoes, pizza, pop & more!!! Call 815-963-2470 to register

**SEE THE PERSON**

**NOT THE ILLNESS**

MENTAL ILLNESS AWARENESS





### 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



**Phil Eaton, President/CEO of Rosecrance, plans to make a special announcement on Sept. 1st in honor of the late Frank H. Ware and to celebrate the exciting future of behavioral health in our community.**

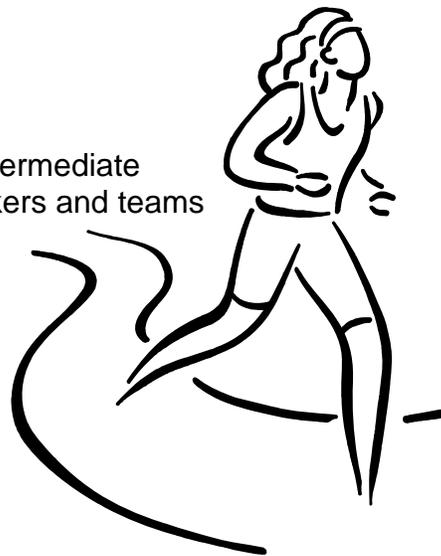


### The Kennedy 5K Run/Walk for Mind, Body & Soul 8616 Northern Ave. Rockford, Illinois

Saturday, October 15, 2011

Kennedy 5K Run/Walk offers a competitive 5K or one mile fitness walk. Local Road Runners Club and other intermediate or beginner runners will compete along with family, community walkers and teams. The run raises funds for Group Hope support services for persons with Depression and Bipolar Disorder as well as for other local mental health needs.

8 AM  
Mildred Berry Center  
8616 Northern Ave., Rockford, IL 61107  
Go to <http://www.active.com/> to register



September 2011		
6th 6:30 p.m.	<b>Consumer Recovery Panel</b>	Stepping Stones 706 N. Main St., Rockford, IL
27th 6:00 p.m.	<b>Board of Directors Meeting</b>	Stepping Stones 706 N. Main St., Rockford, IL
October 2011		
1st - 15th	<b>The Art of Healing Gallery - Consumer Art Show</b> Featured in Rockford ArtScene on the 14th and 15th	Barnes&Noble CherryVale Mall
1st 10 a.m. - 3 p.m.	<b>Mental Health Fair</b> 40+ displays of health providers	CherryVale Mall
3rd noon	<b>Mental Health Rally</b>	Winnebago County Justice Center
4th 6:30 - 9 p.m.	<b>Red Flags in Children's Behavior presented by NAMI/RPS 205 Parent and Community Empowerment Department—Free Presentation and Childcare</b>	Lincoln Middle School Auditorium Rockford, IL
8th 1 p.m. - 5 p.m.	<b>Bowling for Recovery</b> Just \$15 per person - includes bowling, shoes, pizza, pop & more!!! (Call 815-963-2470 to register)	Forest Hills Lanes 7742 Forest Hills Road Loves Park, IL
15th 8:00 a.m.	<b>The Kennedy 5K Run/Walk for Mind, Body &amp; Soul</b> Register on <a href="http://www.active.com">www.active.com</a>	Mildred Berry Center 8616 Northern Ave. Rockford, IL
25th 6:00 p.m.	<b>Board of Directors Meeting</b>	Stepping Stones 706 N. Main St., Rockford, IL
November 2011		
1st 6:30 p.m.	<b>Transcranial Magnetic Stimulation (TMS)</b> Presentation by Steve Smith from Aspen Counseling	Stepping Stones 706 N. Main St., Rockford, IL
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., Rockford, IL
December 2011		
6th 6:30 p.m.	<b>Gifts of Hope</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

# SCHEDULE OF EVENTS

## Mental Illness Defined as Disruption in Neural Circuits - *continued from page 4*

For instance, studies of brain development show developmental delays in specific areas of the brain in children with ADHD (attention deficit hyperactivity disorder). How curious that this disorder, which is defined by attention and behavioral symptoms, increasingly appears to be a disorder of brain development. Viewing ADHD as a brain disorder raises new, important questions: What causes the delay in brain maturity? What treatments might speed up development?

A brain disorder approach also may change the way we diagnose mental disorders. The NIMH Research Domain Criteria (R-DoC) project is involved in changing the way scientists think about diagnosis based on understanding the underlying brain changes. As an example, what we now call “major depressive disorder” probably represents many symptoms that are unique to each person, and they respond to different treatments. New high-tech brain scans are beginning to be able to predict how a person will react to a specific treatment and may be able to show that there are changes in the brain before there are changes in behavior or mood.

An important idea from this new approach is that unusual behavior and thinking may be caused by early problems with brain development. This is a familiar lesson: the symptoms of Alzheimer’s, Parkinson’s, and Huntington’s diseases show up years after changes in the brain begin. Could the same be true of these disorders? If so, could brain scans allow earlier detection and blocking of the unwanted changes – from the social isolation of autism to the psychosis of schizophrenia? Preventing and treating early symptoms has changed the results of heart disease and cancer. Similar approaches could change the future of psychiatry by focusing on preventing rather than using treatments that are only partially successful later in the disease process.

But we need to recognize the range of unknowns that remain. In truth, we still do not know how the brain imaging scans actually translate to what is happening in the brain. What is the direction of information flow? There is a great need for continuing research into the science of the brain. The advent of new tools, such as *optogenetics*, which uses light for precise manipulation of cells in awake, behaving animals, will take us a long way towards understanding the characteristics of the brain.

While discoveries are coming fast and furious, scientists are no longer thinking mental illnesses are caused by chemical imbalances in the brain or by a person’s environment. Much of what we are learning about mental illness is not yet ready for local doctors to use, but there can be little doubt that science will soon be doing more to help people with mental illnesses.

\*Brain scans/imaging tests: PET—Positron Emission Test; fMRI—functional Magnetic Resonance Imaging, MEG—MagnetoEncephaloGraphy and high resolution EEG—ElectroEncephaloGraph

The next NAMI Family-to-Family class will start on Monday, September 12th, 2011. Classes will be held at Stepping Stones - 706 North Main Street, Rockford, IL 61103 at 6:30 PM.

This is a FREE 12 week course for family members of adults with mental illness.

To register, please call Eileen King at 815-963-2470

 **NAMI Family-to-Family**  
National Alliance on Mental Illness

### Prayer Service for Mental Health Awareness and Support

2nd Wed of every month at 5:30 PM

St. John UCC

1010 S. Park Blvd, Freeport, IL

For more information, please call Carol at 815-616-8901



**\*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**

## Support Groups

### 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.**

### 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.**

### 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.