**Summer 2015**

*NAMI is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI advocates for access to services, treatment, supports and research and is steadfast in its commitment to raising awareness and building a community of hope.*

**NAMI – BEAVER COUNTY** is an educational, advocacy and support group for families, consumers, and professionals dealing with serious mental illnesses or brain disorders. We support each other by educating ourselves through research, attending conferences, and sharing this information with others. NAMI-BC members also offer support through our years of experience n dealing with these illnesses on a personal level.

**Meetings are held at**

**7:00pm on the 3rd Thursday of each month**

**July 16, 2015 Re-cap of NAMI National Convention**

**August 20, 2015 guest speaker Emily Brogan, nutritionist**

**ANNOUNCEMENTS**

**SUSCRIBE TO NEWSLETTER BY EMAIL:** carlabraund@namibeavercounty.com

**VIEW MENTAL HEALTH VIDEOS AT NAMI OFFICE**

**NEW WEBSITE:** [www.namibeavercounty.com](http://www.namibeavercounty.com) – check for notices and articles

**NAMI Southwest PA WALK**- October 4, 2015

**FAMILY TO FAMILY ALUMNI NIGHT BEING PLANNED-** stay tuned to hear more about this event!

**SURVEYS FOR CONSUMER/FAMILY SATISFACTION (CFST)TEAM** regarding behavioral health services

 Contact: CFST at 724-775-7650

**NAMI.ORG** – New Look – Check it Out !

**NAMI AIR** – APP for your IPhone or Tablet – Give and Receive Support

**NAMI National Convention: July 6-9, San Francisco,CA**

**FACEBOOK: Post your ideas of topics for facebook, website, or newsletter**

***Contact Carla Braund at (724)888-6877 or carlabraund@namibeavercounty.com for questions or concerns regarding any of the events listed above.***

**Nami Beaver County Educational Classes:**

**Family to Family Class Starting in September**

This free twelve week class offers important information on current treatments, services, and helpful techniques in caring for your loved one with a mental illness. The unique structure of the class encourages sharing of your family’s lived experiences and support so needed mental health. Most class attendees feel they could have not obtained the information anywhere else.

**For more information:** 724-888-6877 or email carlabraund@namibeavercounty.com.

**Peer to Peer Class Starting in October**

Another free NAMI class, this one for those with a mental health diagnosis, addresses many helpful areas in the personal journey of recovery. From developing a personal relapse prevention plan, to learning about how to talk to mental health providers, and obtaining up to date research on mental health, all aid in providing pointers in balancing life with mental health issues.

**For more information:** 724-888-6877 or email carlabraund@namibeavercounty.com.

“Nothing is impossible, the word itself says 'I'm possible'!”

-Audrey Hepburn

Announcing the Winner of the Ann Bau Award

 A gracious, caring lady, Connie Roman received NAMI’s  "Ann Bau" Award on May 28, 2015 at the Mental Health Association Dinner. Friends and peers comment on Connie’s cheerful attitude in the face of adversity. Having family members with mental illness, Connie knows the meaning of caregiver burnout, and encourages caregivers to "have a life". Being a retired art teacher, Connie continues to teach and educate those around her. In fact, Connie has taught Classes with Ann Bau on mental illness for families, even before NAMI had developed classes.

Being one of the founders of NAMI Beaver County, She has given NAMI BC continued support and backing, for she was the president of NAMI BC for many years. Her continued involvement is apparent in her past involvement with NAMI PA, NAMI SW, and NAMI BC board.

We couldn’t be more proud of Connie and all that she has done for the families and consumers involved in NAMI. Connie acts as a role model of resilience and kindness. She has helped people navigate the mental health system. As she stated during the award ceremony, “Any little thing you do can help make a difference”. We wanted to take the time to honor Connie, who continues to make a difference in the community and lives of those around her.

Congratulations Connie!

**“Every day may not be good, but there is good in every day”**

**~Alice Morse Earle**

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**HEALTHY LIVING HINTS**

**Cuban Corn Recipe**

**Soak 9 ears of corn, in its husk, in water for 1 to 2 hours.**

**Preheat grill to medium-high.**

**Carefully peel back the husk leaving them attached at the base and remove the silk.**

**In a medium bowl, combine 8 tablespoons melted butter, 1 tablespoon paprika, 2 tablespoons chili powder, and season well with salt and pepper. Using a pastry brush, brush the ears of corn with the butter mixture and place on a hot grill.**

**Be careful to leave the husks off the hottest part of the grill rack so that they do not start to burn. Grill corn on all sides until well marked and tender, about 10 to 12 minutes.**

**Sprinkle with 1 cup of grated queso fresco and 1 bunch of cilantro and serve with lime wedges.**

 **CHANGING THE CONVERSATION**

What is the Mental Health Channel?

The Mental Health Channel is a new online network that’s changing the conversation through inspiring true stories. Not only is it a non-profit funding project that is free for everyone, but is also the first online channel dedicated to mental health that spotlights inspiring and hopeful stories of people around the country through short documentaries. Mental health channel is trying to tell positive stories about mental illness. They are trying to change the stigma and conversation focusing around mental illness. The mission of the channel is to change the conversation away from illness, toward wellness. Online at *Mentalhealthchannel.tv,* there are individuals who share their mental health stories, videos that show children overcoming the mental health need, and discussions of the cutting edge neuroscience of the brain. There are spotlights on issues veterans face once they return home, along with mental fitness videos that show things we can all do to maintain our mental health. There are even humorous videos that combine comedy and mental health to give the opportunity to view mental health as less terrifying. So many people are either effected by mental illness, or have loved ones effected by mental illness, MHC TV hope that their videos can provide support, comfort, and understanding to their audience as they attempt to change the conversation centering around mental illness.

Below is a summary of one man’s discussion of how he has learned to cope with his bipolar disorder:

MHC STUDENT FILMS PRESENTS: MUSIC TO THE MIND

Austin Ferguson plays one of the world's largest instruments to help manage his bipolar disorder, finding peace in very big music.

 Austin Ferguson ensures that a bell tower chimes every hour. He mentions how people hear a chime and think that it is a recording, but don’t realize it is actually him playing. He surrounds himself with bells so he can ring them when good things happen. He is in charge of repairing the instruments. He was suppose to be on medication, but hates the effects it had on him. Wanted to be able to still have a spectrum of emotions. Feels that music is the most emotional thing a person can have. He focuses on his music and playing and has the ability to forget about other aspects of his life. He still goes through highs and lows. While his highs are longer, his lows are pretty bad. He tries to do whatever he can to prevent his emotions from getting to him. He feels the tower is an extension of himself. The bell tower gives him an escape from reality. In fact, he doesn’t keep his mental health a secret. He feels that being bipolar is a large part of his identity; he isn’t afraid of it. He’s is an example of learning to fight and cope with his mental illness.



Don’t have access to a computer? Contact NAMI Beaver County by phone (724-888-6877) or email (Carla.braund@namibeavercounty.com) to make an appointment to view some episodes in our beaver office.

“What good is the warmth of summer, without the cold of winter to give it sweetness.”

-John Steinbeck

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| “What Do You Do in The Summertime?”**By: Dorthy S. Anderson**Oh, what do you doin the summertimewhen all the world is green?Do you fish in a stream,or lazily dreamon the banks as the clouds go by?Oh, what do you do in the summertimewhen all the world is green?Do you swim in a pool,to keep yourself cool,or swing in a tree up high?Oh, what do you doin the summertimewhen all the world is green?Do you march in parades,or drink lemonades,or count all the stars in the sky?Is that what you do?So Do I! | **NAMI – THE NATION’S VOICE ON MENTAL ILLNESS** **Carla Braund, Editor****Teresa Scibilia, Editor****NAMI BEAVER COUNTY** **1229 3rd Street** **Beaver, PA 15009****724-888-6877** Search NAMI Beaver County! |

**MEMBERSHIP FORM 2015  *please renew early in year***

 *In order to keep the membership process streamlined, we* ***prefer*** *renewals to be processed early in the year. It is also possible to renew your membership online at www.nami.org. Any questions or concerns please direct them to*

*Carla Braund, 724-888-6877 or carlabraund@namibeavercounty.com All NAMI – Beaver County memberships include subscriptions to all four newsletters.*

\_\_\_\_\_ Enclosed is my check for $35 for 2015 memberships in NAMI – Beaver County, NAMI, NAMI – PA, and NAMI – SW PA

\_\_\_\_\_ I am on a limited income. Dues are $3 for full membership.

\_\_\_\_\_ I wish to make a tax deductible donation of $ \_\_\_\_\_\_\_\_ to NAMI – Beaver County.

NAME(S)

 Please check one: □ Family member □ Consumer □ Mental health professional

ADDRESS

TELEPHONE NO. E-MAIL ADDRESS

Make checks payable to: ***NAMI – Beaver County***

**Send to: NAMI – Beaver County 1229 3rd Street -- Beaver, PA 15009**