



NAMI NEWSLINE

National Alliance on Mental Illness . Cook County North Suburban

DEDICATED TO IMPROVING THE LIVES OF INDIVIDUALS AND FAMILIES AFFECTED BY MENTAL ILLNESS

April May June 2017

Newsline is changing!

NAMI CCNS Newsline is being redesigned to be more user-friendly on our web page and smartphones. A print version will be downloadable. If you have been receiving Newsline in your regular mail, you will continue to receive it.

We plan to issue the next Newsline in July 2017. In the meantime . . .

Mark your calendars!



Monday, April 17

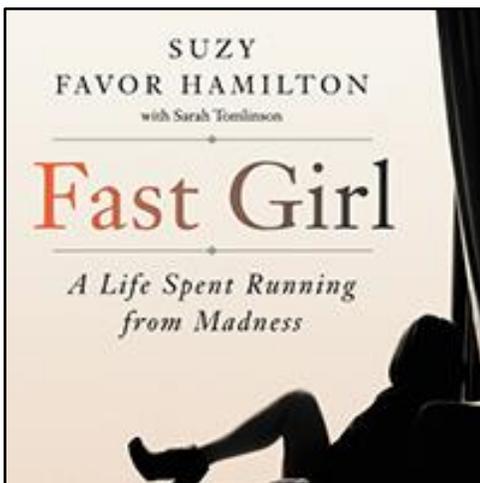
Adolescent Mental Health: Current Trends

Public Education Program

7 pm at the Northbrook Public Library 1201 Cedar Ln, Northbrook, IL 60062

Twenty percent of youth aged 13-18 live with a mental health condition. Complicating matters further is the issue of co-occurring drug abuse. Drug abuse may bring about symptoms of an unrecognized mental illness, while mental disorders can lead to drug abuse, possibly as a means of “self-medication.”

Deborah Taber, Administrative Director of Psychiatry & Behavioral Sciences for the Northshore University Medical System, will review how school demands, drug use, social media and gender identity issues can create a mental health crisis.



Saturday, April 22

Heroes of Mental Health: NAMI CCNS Spring 2017 Benefit

Glen View Club, 100 Golf Road, Golf, Illinois 60029

Please join us on Saturday evening, April 22nd, to celebrate the NAMI CCNS 2017 Heroes of Mental Health. Our Honored Guest Speaker is Suzy Favor Hamilton, three-time Olympian and mental health advocate. Suzy will share her story about her experiences with bipolar disorder as well as her struggles with life during and after running, drawing from her best-selling autobiography, *Fast Girl – A Life Spent Running from Madness*.

Also being honored are Virginia and Tom Neuckranz, founders of Erika's Lighthouse; Lundbeck Pharmaceutical Services, LLC; and the Winnetka Congregational Church Women's Society Benevolence Committee.

The Neuckranzes turned the tragic loss of their daughter Erika, who died by suicide on April 8, 2004 when she was in 8th grade, into a mission to educate school communities about teen depression, eliminate the stigma associated with mental illness and empower teens to take charge of their mental health.

Lundbeck Pharmaceutical Services and the Winnetka Congregational Church Women's Society Benevolence Committee are long-time supporters of NAMI CCNS whose generous gifts have made it possible for us to offer all our programs free of charge to participants.

6:30 pm Cash Bar and Silent Auction

7:30 pm Dinner, Dancing, Program, Silent/Live Auction/Fund to Cause

To purchase tickets or make a donation, go to our web site

www.namiccns.org, email admin@namiccns.org, or call 847-716-2252.



Tuesday, April 25 – May 30

NAMI Basics for Parents

6:30pm at Messiah Lutheran Church

1605 Vernon Avenue, Park Ridge, IL, 60068

If you have a child with emotional or behavioral difficulties, NAMI Basics for Parents can help. The course is free to participants and provides information on the mental health conditions that cause behavioral difficulties, the biology of mental illness, and strategies for advocating for your child at school and with medical professionals, and more. NAMI Basics for Parents "provides help that can't be found in a doctor's office," according to one of our class participants.

To register or learn more, go to our web site www.namiccns.org, email admin@namiccns.org, or call 847-716-2252.



Friday, May 5 and Saturday, May 6

NAMI CCNS Tag Day

Are You Ready To Tag for Mental Health Awareness??

NAMI CCNS holds our annual Tag Day in May to kick off Mental Health Awareness Month.

You can end the stigma surrounding mental illness and raise funds for NAMI CCNS education, support and advocacy programs. All NAMI programs are free-of-charge to participants.

Please share some of your time on May 5th and May 6th from 8:00 am to 4:00 pm. To sign up, go to our web site www.namiccns.org, email admin@namiccns.org, or call 847-716-2252.



Saturday, May 20

StorySLAM: Courage

7 – 9 PM at Sojourner Covenant Church, 1101 Church Street, Evanston

Open Mike for individuals living with a mental health condition – either their own or someone they love – to share their story.

Share and listen. You can change the conversation about mental illness.



Thursday, May 25 to June 8

Honest, Open, Proud

2 pm at Turning Point, 8324 Skokie Blvd, Skokie

What is your story of living with a mental health diagnosis? Not sure what to say, to whom, and when? Thinking about sharing with someone for the first time or becoming an advocate for mental health? Honest, Open, Proud is a six week workshop that helps individuals living with a mental health condition develop a strategy for sharing their story in a way that that is empowering for you – and for those who listen to your story.



Thursdays, starting May 25

Dual Solutions Recovery Group

6 pm at Chicago Behavioral Hospital, 555 Wilson Lane, Des Plaines

Dealing with a dual diagnosis can feel challenging and isolating. Support groups allow members to share frustrations, successes, referrals for specialists, where to find the best community resources and tips on what works best when trying to recover. They also form friendships and provide encouragement to stay clean.



All NAMI CCNS support groups continue to be offered regularly:



Connections Recovery Support Groups

- Mondays, 4 – 5:30 pm at Beth Emet Synagogue, 1224 West Dempster, Evanston
- Saturdays, 4 – 5:30 pm at Lutheran General Hospital, 1775 West Dempster, Park Ridge
- First and Third Sundays, 1 – 2:30 pm, Kenneth Young Center Drop-In, 1585 West Dempster, Mt. Prospect

Family Support Groups

- Second and Fourth Mondays, 7 – 8:30 pm at Skokie Hospital Medical Office Building, 9669 Kenton, Skokie
- First and Third Tuesdays, 7-8:30 pm at Lutheran General Hospital Campus, Center for Advance Care Building, 1700 Luther Lane, Park Ridge
- Second Thursday, 7 – 8:30 pm at Highland Park Hospital, 777 Park Avenue West, Highland Park
- Second and Fourth Saturday, 9 – 10:30 am at St. Francis Hospital, 355 Ridge Avenue, Evanston

Spanish Language Family Support

- First and Third Tuesdays, 7 – 8:30 pm, 7020 Lawndale, Lincolnwood

Times and locations subject to change. Additional information at www.namiccns.org or call 847-716-2252