



**nami**

National Alliance on Mental Illness

# Howard County

The Official Newsletter of NAMI Howard County, MD

Volume 78

Fall 2015

*We are the TOP Affiliate in Maryland!*

**NAMI Howard County** was recognized October 16th at the NAMI Maryland Conference by NAMI Maryland and



U.S Senator Ben Cardin for

**2015**

**“Top Affiliate of the Year Award”**

advocacy  
support  
respect  
hope  
recovery  
cure  
health



Stevens Forest Professional Center  
NAMI Howard County  
9650 Santiago Road, Suite 1  
Columbia, MD 21045  
410-772-9300

NEW Website Address: [namihowardcounty.org](http://namihowardcounty.org)



National Alliance on Mental Illness

# NAMI Howard County

## From the Executive Director

Dear Friends and Supporters:

NAMI Howard County is pleased to have been recognized by NAMI MD as the top affiliate of the year! We are grateful to all of you for helping us to be #1. If you assist us with facilitating a support group, teaching a class, speaking in the community, staffing a booth at a community event, helping in the office or serving on a committee, etc., we appreciate you!



We also held a Tribute for long-time supporter and previous board chair, Joe Friend at the Bain Center to recognize Joe's numerous contributions to the mental health community. We had more than 100 people in attendance which included regular guests of our monthly Sunday Suppers.

After we recovered from our move to our new offices in Stevens Forest Professional Center, we held a successful Open House and welcomed many old and new friends and supporters. We have been pleased by the outpouring of support we've received.

I believe that we are all 'called' to serve and in doing so make the world a better place. We will be calling on you in the months ahead to help with giftwrapping or to attend our Basket Bingo event.

I hope that you'll take time from the busyness of the holidays to relax and enjoy all that is around you—nature is a natural healer.

*Beverley Francis-Gibson*  
Executive Director



National Alliance on Mental Illness

# nami Howard County

## Volunteer Spotlight: Caitlyn Shuy

*October 16, 1988 – September 2, 2015*



*“Skating was the vessel into which I could pour my heart and soul.”*

Peggy Fleming

For twenty-six years Caitlyn brought joy and sweetness to her family and friends. She was affectionately known for her caring and giving spirit. This was exhibited on the ice rink where she helped coach her friends as well as in NAMI meetings where she truly cared about your

individual personal outcomes and shared her stories with you all the while championing mental health.

Her leadership capabilities were exhibited in her spearheading the Walk for the Cure team at Sherwood High School, as the vice president of resident life at the University of Maryland Baltimore Campus (UMBC), as reviewer of the NCAA at UMBC, as an intern at Homeland Security’s U.S. Citizenship and Immigration Services, as a NAMI presenter in Howard County Public Schools, and in her work.

Raised in Olney, Maryland and graduating from Sherwood High School Cait warmed to the theatre as a young adult. She loved to attend plays at the Olney Theatre never hesitating to tell Jason Loewith, the artistic director, what she thought could be improved. She last saw *The Producers* which she thoroughly enjoyed, but her favorite play thus far was *Colossal*. Her grandmother and grandpa introduced her to the University of Maryland football and basketball games and she quickly became a loyal Terps fan. Caitlyn was most at home on the ice. She began ice skating as a toddler and moved into the adult classes at the age of twelve. She enjoyed the competitions and the many friends she made over the years while at the rink.

Caitlyn was the recipient of numerous awards and honors. She was a well respected daughter, friend, and co-worker. She was always there whenever anyone needed her and all you had to do was call or text her. She was kindhearted and supportive and whether it was someone to talk to or help with a task she was always giving of herself. She had the extraordinary ability to make anyone feel special from her friends to the patients she cared for at Carroll Hospital Center. Caitlyn enjoyed her many friends, volunteer work, dill pickles, tulips, cooking, baking, ice skating, bike riding, theatre, board games, crocheting, her cat and so much more.

I celebrate her strength to this day and feel so fortunate she was my daughter and accomplished all she did in her short life. She taught me to balance work and fun, to enjoy the simple things life has to offer, and to get exercising. She wrote on Facebook **“The mind is like a parachute. It does not work unless it is open.”**

May her memory live on and those who knew her pledge to make a difference for mental health in whatever way you choose.



# NAMI Howard County

National Alliance on Mental Illness

## Up Coming Fundraiser Events:

### Holiday Gift Wrapping:

#### **Barnes and Noble**

**(Long Gate Shopping Center)**

**4300 Montgomery Road, Ellicott City**

**December 18, 3:00pm—9:00pm**

**December 22, 9:00am—3:00pm**



## NAMI Howard County

National Alliance on Mental Illness

# Basket Bingo

**Friday**

**January 8, 2016**

7:00 pm (Doors open at 6pm)



The Lodge

2832 Nine Mile Circle, Catonsville, MD 21228  
(off Frederick Road just outside of old Ellicott City)

**\$20.00 in advance \$25.00 at door**

For more information and to purchase tickets call 410-772-9300 or go to [namihowardcounty.org](http://namihowardcounty.org)

**ALL BASKETS FILLED \* DOOR PRIZES \* RAFFLES \* FOOD**

Not affiliated with Longaberger

NAMI Howard County, MD • 9650 Santiago Road, Suite 1, Columbia, MD 21045

410-772-9300 • 410-772-9307 (fax)

info.namihc@gmail.com • namihowardcounty.org



**NAMI**

# Howard County

National Alliance on Mental Illness

**Classes starting  
January 2016**

*(All courses are free of charge, just pre-register)*

**NAMI Peer-to-Peer**

National Alliance on Mental Illness

**Peer-to-Peer Education Course:**

A 10-week course on the topic of recovery for any person with a serious mental illness who is interested in establishing and maintaining wellness. The classes are taught by two trained mentors who are themselves experienced at living well with mental illness. The class meets once a week for 2.5 hours.

Please contact **Alikah Hawks**, Coordinator of Peer Education & Support Programs @ [410-772-9300](tel:410-772-9300) or email: [ahawks.namihc@gmail.com](mailto:ahawks.namihc@gmail.com) to register!



**NAMI Family-to-Family**

National Alliance on Mental Illness

**Family-to-Family Education Course:**

A 12-week course to help families arrive at a better understanding of the severe mental illnesses their relatives face. The illnesses, treatments, medications and problems to expect are covered in depth, as well as coping strategies for family members. Instructors are trained family volunteers. The class meets once a week for 2.5 hours.

Please contact Leslie Kain, Director of Programs & Development @ [410-772-9300](tel:410-772-9300) or email: [lkain.namihc@gmail.com](mailto:lkain.namihc@gmail.com) to register!

**NAMI Basics**

National Alliance on Mental Illness

**Basic Education Course:**

A 6 week course specifically designed for parents and other primary caregivers of children and adolescents who are living with mental illness. The course follows a structured format and includes practical insights on issues frequently faced by families dealing with mental illness. The 2.5-hour class is taught by trained parents who have lived similar experiences with their own children. It is not necessary that the child has received a special diagnosis.

Please contact Leslie Kain, Director of Programs & Development @ [410-772-9300](tel:410-772-9300) or email: [lkain.namihc@gmail.com](mailto:lkain.namihc@gmail.com) to register!

**MARK YOUR CALENDAR NOW:**

**OUR FIRST EDUCATION FORUM IN 2016**

**JANUARY 19, 2016**

**7PM; WILDE LAKE INTERFAITH CENTER**

**TOPIC: RAISE: Recovery After An Initial Schizophrenia Episode**  
Bob Buchanan, Univ. of MD and Jason Schiffman, UMBC



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# Howard County

## Ways to Give Year-Round

"Go Fund Me," a website which helps raise money. The website is secure and all donations go directly to NAMI Howard County. Please consider donating or posting the link to your social media accounts (Facebook, Twitter). Here is the link: <http://www.gofundme.com/h2qo7k>

Shop at **Amazon** and donate to NAMI Howard County - at no cost to you! Amazon will make a donation on your behalf!  
Simply use this link <http://smile.amazon.com/ch/52-1623565>, or you can click on your account at Amazon and designate NAMI Howard County!

### Have you thought about becoming a **Community Ambassador**?

Whether you're an individual or family who wants to support NAMI Howard County or a corporation that's interested in making a philanthropic impact in the area of mental health in Howard County - there's a support level that's right for you! Call for more information.

## Support Group Calendar

### FAMILY SUPPORT GROUP

Harmony Hall , The Parlor  
6336 Cedar Lane, Columbia, MD 21044  
2<sup>nd</sup> Tuesdays, 7:30 – 9:00 p.m.  
**November 10    December 8**

### PARENTS OF CHILDREN UNDER 18 SUPPORT GROUP

First Presbyterian Church, Room 204  
9325 Presbyterian Circle, Columbia, MD 21045  
2<sup>nd</sup> Mondays, 12:00 – 1:30 p.m.  
**November 9    December 14**

### FAMILY SUPPORT GROUP

Celebration Church, Music Room  
6080 Foreland Garth, Columbia, MD 21045  
3<sup>rd</sup> Fridays, 7:30 – 9:00 p.m.  
**November 20    December 18**

### PARENTS OF CHILDREN UNDER 18 SUPPORT GROUP

First Presbyterian Church, Room 252  
9325 Presbyterian Circle, Columbia, MD 21045  
Last Wednesdays, 7:30 – 9:00 p.m.  
**December 2    January 6**  
**\*\* Dates changed due to holidays**

### NAMI CONNECTION SUPPORT GROUP

Wilde Lake Interfaith Center, Music Room 6  
10431 Twin Rivers Road, Columbia, MD 21044  
6:30 – 8:00 p.m.  
**Meets 2<sup>nd</sup> & 4<sup>th</sup> Monday**

### Free Education Forum

**November 17<sup>th</sup> @ 7 pm**  
**Combating Holiday Blues**  
*Wilde Lake Interfaith Center , 10431 Twin Rivers Rd, Columbia*

### TRANSITION AGE YOUTH SUPPORT GROUP

(for parents and caregivers of youth ages 18-26)  
First Presbyterian Church, Room 252  
9325 Presbyterian Circle, Columbia, MD 21045  
Every 3<sup>rd</sup> Thursday, 7:30 – 9:00 p.m.  
**November 19    December 17**

### SUNDAY SUPPERS

Florence Bain Senior Center  
5470 Ruth Keeton Way, Columbia, MD 21044  
Sundays, 2:00 p.m.  
**November 15    December 13**



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# NAMI Howard County

## Are you a Member?

### MEMBERSHIP RECRUITMENT CAMPAIGN

Are you a member of NAMI Howard County? If you are, we need your **help** to encourage your friends, family members and colleagues to [join our NAMI family](#).

Our goal is to increase our membership by 10% this year; we currently have 237 members, but know that we can do better. We accept members all year long, so there is no reason not to join.

**For the first member who recruits 5 new members by December 31, 2015, we will give you a free gift card.**

*Here is the list of reasons why you may want to consider joining or getting someone you know to join:*

### BENEFITS OF MEMBERSHIP:

- Updated information about mental illness research
- Classes and support groups in the community
- Access to outstanding conferences, training, workshops and volunteer opportunities
- Friendship, support and networking
- Informative publications (monthly e-news, newsletters, annual reports)
- Invitations to fun events (i.e. NAMIWalks, restaurant night, fundraising events)
- Education forums
- Access to state and local NAMI information and programs
- Membership at NAMI Maryland, a NAMI Affiliate and the NAMI national organization
- Advance notice and information about our free educational and support programs
- Reduced fees for attending NAMI Maryland special events
- A subscription to *The Advocate*, NAMI Nation's quarterly magazine
- A subscription to *NAMI Maryland Connections*, the newsletter of NAMI Maryland and our local affiliates
- Eligibility to vote in all NAMI elections
- Access to exclusive members-only material on [www.nami.org](http://www.nami.org)



# nami

National Alliance on Mental Illness

# Howard County

## BOARD OF DIRECTORS

**Juliette Jenkins**  
*President*

**Steve Gray**  
*Vice President*

**Pete Dinwoodie**  
*Treasurer*

**Ann Hohmann**  
*Secretary*

**Julie Cleveland**

**Janet Edelman**

**Alice Giles**

**Rev. Dorothy Harris**

**Debbie Meyer**

## OFFICE STAFF

**Beverley Francis-Gibson**  
*Executive Director*

**Leslie Kain**  
*Director of Programs & Development*

**Alikah Hawks**  
*Coordinator of Peer Education & Support Programs*

**Susanna Taylor**  
*Office Administrator*

## THE BENEFITS OF MEMBERSHIP

***Please Join Us*** (if you haven't already done so)!

When you join NAMI Howard County, you will belong to a network of people like yourself, individuals and families who understand the daily challenges people with mental illness face, and who are working to meet those challenges.

Your membership helps to ensure that life saving information, support, and education programs are available for the people in our community who need NAMI.

You may join online at NAMI National's—NAMI.org, click on "Join NAMI") or complete and return the form below.

YES! I want to support NAMI. I understand that by joining NAMI Howard County, I will automatically become a member of the state and national levels of NAMI and receive three quarterly publications:

- NAMI Howard County Newsletters
- NAMI Maryland newsletter, *Connections*
- NAMI National magazine, *The Advocate*

Annual membership dues are:  \$35 Individual or Family Membership

\$ 3 Open Door Membership

**Please make checks payable to NAMI Howard County.**

**SEND TO: NAMI Howard County, 9650 Santiago Road, Suite 1, Columbia, MD 21045**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY, STATE, ZIP \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

EMAIL \_\_\_\_\_

Enclosed is my tax deductible membership fee of: \$ \_\_\_\_\_

I have also enclosed an additional tax deductible contribution of: \$ \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

### **I am interested in helping NAMI Howard County and would like to:**

- |   |   |
|---|---|
| ◇ Join the Public Policy Committee            | ◇ Teach NAMI <i>Basics</i>                                |
| ◇ Join the Fundraising Committee              | ◇ Teach NAMI <i>Family to Family</i>                      |
| ◇ Join the Faith Outreach Committee           | ◇ Teach NAMI <i>Peer to Peer</i>                          |
| ◇ Work, walk, or captain a team at NAMI Walks | ◇ Speak to Community Groups                               |
| ◇ Deliver information and marketing materials | ◇ Submit an essay, poetry or visual art to <i>Inkwell</i> |
| ◇ Facilitate a support group                  | ◇ Write a book or movie review                            |
| ◇ Help at Sunday Suppers                      | ◇ Write an article for the newsletter                     |