



October's Presentation: “In Our Own Voice”

CALENDAR

Family Support Group
(3rd Tuesdays @ 7:30 pm –
Presbyterian Church in
Cranford)

- October 16
- November 20
- December 18

Public Meetings
(4th Tuesdays @ 7:30 pm –
RWJ Rahway Fitness &
Wellness Center)

- October 23
- November 27
- February 26

CONTACT US

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Facebook:
www.facebook.com/NA MI.UnionCounty

Join us for a special presentation by “In Our Own Voice,” the onsite educational program sponsored by NAMI New Jersey.

“In Our Own Voice” speakers will share their experiences living with and overcoming the challenges posed by their mental illnesses. Their personal stories will inspire, encourage and inform.

The goal of “In Our Own Voice” is to expand the audience’s knowledge about mental illness and to replace fear and judgment with awareness and acceptance. Each speaker has received certified training by NAMI NJ to present the program. “In Our Own Voice” is also presented at Family to Family education and is received as one of the most enlightening classes.

Speaking out about mental illness reduces stigma and takes courage. Sharing your personal story in a public setting is not only courageous but an act of extreme generosity.

Come to this unique presentation to hear real people talk about their real illnesses, and gain insight.

Our format is relaxed and audience participation is welcome. If you’d like to learn more about mental illness, please join our discussion. Our information and friendship are free of charge – and priceless.

A free copy of our Resource Guide – *Help in Navigating the Mental Health System in Union County*, and other literature is available to attendees. Snacks are provided.

Call 908-233-1628 or email at namiunioncounty@yahoo.com for more information, or in the event of inclement weather.

**Tuesday, October 23rd
7:30 PM**

**RWJ Rahway Fitness &
Wellness Center
2120 Lamberts Mill Rd.,
Scotch Plains**

President's Message

Hi All,

The impact of our work in educating the public became clearer to me as I listened and watched the audience at our September 26th public meeting with Dr. Tom Massarelli, PhD. He used video clips and a slide presentation to teach about the symptoms, causes and treatments for Bi-Polar, Depression and Anxiety Disorders in young adults. A bibliography was also provided. His presentation was powerful, clear and informative and the audience remained focused and attentive. Thank you, Dr. Massarelli.

Since 1990, when Congress officially established the first full week of October as Mental Illness Awareness Week (MIAW), advocates have worked together to sponsor activities, large or small, to educate the public about mental illness. In recognition of Mental Health Awareness Week during the week of October 7 to October 13, I am sharing these statistics from NAMI.

MENTAL HEALTH FACTS - LEARN AND SHARE!

- 1 in 5 adults in the United States lives with a mental health condition.
- 1 in 25 (10 million) adults in the United States lives with a serious mental illness.
- 60 million people in the United States face the day-to-day reality of living with a mental illness.
- Half of all lifetime mental health conditions begin by age 14 and 75% by age 24, but early intervention programs can help.
- African Americans and Hispanic Americans used mental health services at about half the rate of whites in the past year, and Asian Americans at about one-third the rate.
- 90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the United States, but suicide is preventable.
- The best treatments for serious mental illnesses today are highly effective; between 70 and 90% of individuals have significant reduction of symptoms and improved quality of life with the right treatments and supports.
- Additional facts and citations are available at **Mental Health by the Numbers**.

<https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>

Looking forward to seeing you October 23rd.

Denise

Denise Gesumaria
President, NAMI Union County

NAMI of Union County Board

President - Denise Gesumaria
Vice President - Geri Muller
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Newsletter Editor - Chris Russo

Volunteer Opportunities Will You Help?

NAMI of Union County encourages volunteer participation from members and non-members to help carry out the many functions we provide. If you are interested, please email your response to us at namiunioncounty@yahoo.com. Or, please hand this form to any NAMI board member at any of our public meetings. Below is a sampling of volunteer jobs available.

<i>Volunteer Opportunities for NAMI Union County Affiliate *</i> <i>* starred activities require you be a NAMI member</i>	
* To present at a Union County College class “Living with a family member who has mental illness?” (Daytime class)	
* To present at a Kean College class “Living with a family member who has mental illness”	
* To train to be a Family-to-Family Class Co-Teacher?	
* To train to be a Family Support Group Facilitator?	
* Join scholarship committee to read applications for award?	
<i>NAMI membership is NOT required for these opportunities:</i>	
Help with Board approved fundraiser? NAMI NJ Walk May 2019	
Help at the December Holiday Star Party? (Set up at the provider’s facility the day of the festivities)	
Help at the June Pizza/Dance Party? (Set up at venue the evening of the festivities)	
To help at monthly Public Meeting?	
1. Purchase and set up refreshments? You will be reimbursed for the cost.	
2. Welcome table - To help sign-in attendees as they arrive?	
3. Coordinate and set-up the literature table	
4. Greet attendees at entrance & assist them to our meeting room.	

Name: _____

Address: _____

Phone#: _____

Email _____



Please help! Holiday Star Project Annual Gift-giving and Party

NEEDED: New gifts or unused re-gifts or monetary donations!

FOR: Clients of Centerpath for Wellness in Plainfield (formerly known as UCPC)

HOW IT WORKS: NAMI Union County hosts a holiday party on-site for this day program's clients. Guests are treated to an array of home-baked cookies and treats. Guests are encouraged to sing along with holiday carols. We also purchase a gift for each of the approximately 45 guests.

The highlight of the party is the drawing for additional unique gifts. Here's where we ask for **your help** for donations of gift items or funds that will be used by NAMI Union County to purchase gifts.

WHY: Many guests have said our annual party is the holiday celebration they look forward to most. For some, it is the **ONLY** one.

Will you please contribute a gift or make a monetary donation?

DONOR GIFT GUIDELINES:

- * Gender-neutral preferred. Men make up about 70% of the guests.
- * Easily transportable, non-breakable gifts.
- * Many guests live in supervised apartments or boarding homes and are on government assistance, so practical yet festive items are especially appreciated.

HOW TO DONATE:

- Gifts may be brought to our Oct. 23rd and Nov. 27th Public Presentation meetings.
- Make checks payable to "NAMI Union County" and mail to:

NAMI Union County
PO Box 724, New Providence, NJ 07974



Any questions? Please call Sandy at (908) 272-8049 - preferably in the evening.

Thank you – and let us be the first to wish you a happy holiday season!