

NAMI Butler OUTREACH



Your local NAMI News...

**NAMI Butler County PA has a new home!
We're in Holly Pointe, 220 S. Main Street, Suite 203, Butler**



Sept. 1 was move-in day, and members of the NAMI Butler team were there to spruce up the office with a fresh coat of paint. From left are board member Carl Bromley, executive director Donna Lamison, and board president Joyce Saunders.

NAMI Butler may have a new home, but some things haven't changed. You can still reach us at 724-431-0069 or info@namibutler.org and learn more about us at <https://namibutler.org>. Most importantly, our mission to serve the Butler County community remains the same: to reduce stigma and build better lives through educating and supporting those affected by mental illness.

Board of Directors

- Joyce Saunders, President
- Jennifer McConnell, Vice President
- Linda K. Schmitmeyer, Secretary
- Steve Sutton, Treasurer
- Carl Bromley
- Juliana Hopkins
- Mary Lindsay
- Gloria Winters
- Bruce Wood
- Rich Wozniak

Executive Director

Donna J. Lamison

Mailing address:

PO Box 1943
Butler, PA 16003

Physical location:

220 S Main Street, Ste 203
Butler, PA 16001
724.431.0069

info@namibutler.org

<https://namibutler.org>

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Mission: NAMI Butler County PA works to reduce stigma and build better lives through educating and supporting those affected by mental illness.

Vision: NAMI Butler County PA envisions a world where all people affected by mental illness live healthy, fulfilling lives.

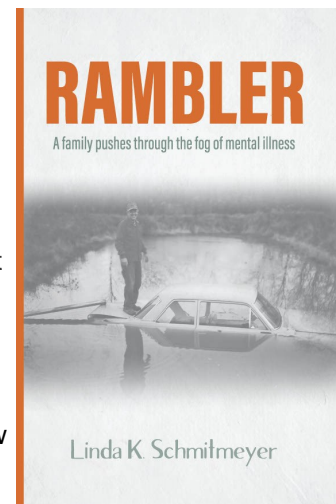
Oct. 3 to Oct 9 is Mental Illness Awareness Week (MIAW), a time set aside when NAMI Butler County PA along with many other mental health agencies throughout the country work to raise awareness of mental illness, fight discrimination, and provide support for those with a mental health condition.

Created by an Act of Congress in 1990, MIAW is centering this year's campaign around the theme "Together for Mental Health," and we at NAMI Butler are working "together" to help raise awareness with several special events throughout the week.



From Oct. 3-9, **The Sweet Gremlin Bakery** will be donating 10 percent of its sales to NAMI Butler. Located at 201 Reimer St. in Petrolia, The Sweet Gremlin offers an array of pies and pastries, including its scrumptious oversized cinnamon rolls. You can see the bakery's other offerings on The Sweet Gremlin's [Facebook Page](#). To order your delicious treats—and support NAMI Butler County—call 724-766-2673. The proprietor, Jenn McConnell, is a member of NAMI Butler's Board of Directors and serves as the organization's vice president.

On Tuesday, Oct. 5, at 12:30 p.m., Steve and Linda Schmitmeyer will talk about their family's experience with mental illness on WISR Radio's Extended News at Noon. Linda is the author of "**Rambler: A Family Pushes Through the Fog of Mental Illness.**" The book traces Steve's effort to overcome a debilitating diagnosis and find the medical treatment that will lead to his recovery while Linda works to understand and support her husband's illness and raise three young children. To listen to the interview on the radio, go to 680 AM, or you can stream it live [here](#). A podcast of the interview will be available following the show [here](#). You can learn more about the family's experiences at [lindaschmitmeyer.com](#). Linda is secretary of NAMI Butler's Board of Directors and a facilitator for its [Family-to-Family](#) educational program.



Dust off your walking shoes! On Oct. 9, the **Butler Making Strides** team will join NAMI Keystone PA and thousands across Pennsylvania to help raise awareness of mental illness. Programs supporting and advocating for those with a mental illness are especially important now, with 1 in 3 U.S. adults reporting depression or anxiety since the pandemic began. The Butler Making Strides team goal this year is \$2,500, half of which directly supports NAMI Butler County. Please support our team effort's [here](#).

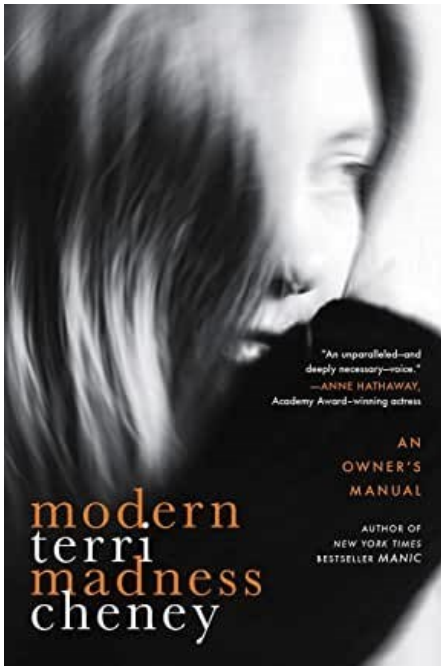
This year's walk is a hybrid event, allowing participants to walk in-person from 9 a.m. to 4 p.m. Oct. 9 at Monroeville Community Park West. You can also choose your own activity and location and join virtually between 9 a.m. to 5 p.m. Virtual participants are encouraged to post pictures and videos on their social media pages using the tags @namikeystonepa, #NAMIWalksKeystonePA, and #NotAlone. For more information, visit NAMI Keystone Walk [website](#).

The Board Goes Back to School



NAMI Butler County PA's board members participated in a two-day workshop this summer, where we learned strategies for more effectively serving as board members and officers. Slippery Rock University professor Alice Del Vecchio, far right, director of the Institute for Nonprofit Leadership at SRU, led the Board Development Retreat. From left are Jennifer McConnell, vice president; Donna Lamison, executive director; Joyce Saunders, president, and board

“Modern Madness” Book Group Selection for November



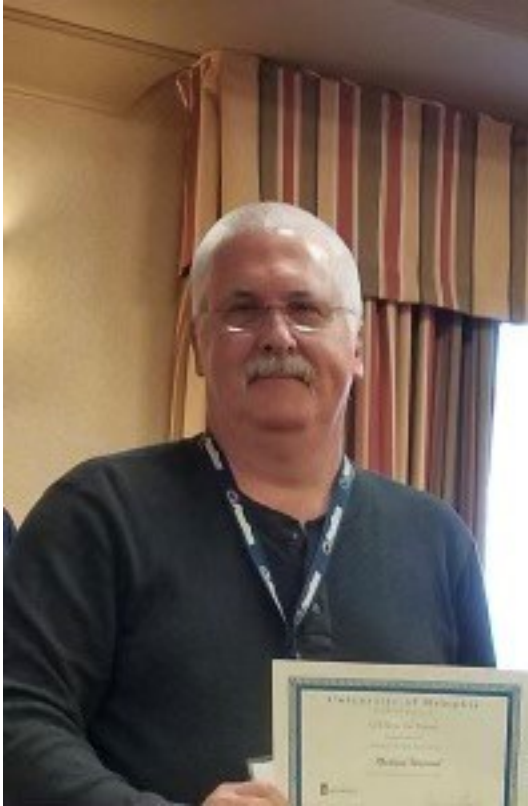
Want to learn more about mental health and mental illness? Join NAMI Butler's Book Group as we discuss Terri Cheney's "Modern Madness: An Owner's Manual," at 7 p.m. Thursday, Nov. 18, via Zoom. Anyone interested in the subject is welcome, even if you haven't read the book.

"Modern Madness" is a series of essays in which Cheney weaves her personal experience with bipolar disorder with the science, stigma, and symptoms of the illness. She also wrote the *New York Times* bestseller "Manic: A Memoir" and "The Dark Side of Innocence: Growing up Bipolar."

No prior registration is required; you can join by following NAMI Butler County PA [Facebook Page](#). Go to Events, and click the Zoom link for Book Discussion Group.

For more information, call 724-431-0069 or email info@namibutler.org.

NAMI Butler welcomes Rich Wozniak as its newest board member



Rich may be a familiar name to many involved with this area's social service agencies. From 2008 through 2019, Rich served as the manager of the Butler County Center for Community Resources' (CCR) Crisis Program. While there, he helped develop the Crisis Intervention Training for First Responders for Butler and surrounding counties. Following his retirement in 2019, he remains a consultant for the crisis program for CCR and other agencies throughout Pennsylvania.

Rich also continues to serve as a certified Mental Health Delegate for Clarion County, a 24-hour/7-day service for those seeking information or considering psychiatric hospitalization for themselves, a family member, or friend.

Prior to his work at CCR, he was supervisor for Glade Run Lutheran Services in Zelienople.

Rich says he joined the NAMI Butler board to "increase community awareness of NAMI Butler County's goals and services."

Rich received his bachelor's degree in criminal justice from Penn State University. He lives in Slippery Rock with his wife, Tammy. They have four adult children and two grandchildren.

5 Monthly Support Groups Offered in Butler County

To address the upsurge in mental health problems because of the pandemic, NAMI Butler County has increased its **Family Support Group** offerings. There are now five free monthly meetings being held throughout Butler County, four in-person and one via Zoom.

The following support groups are for individuals supporting someone who has a mental health condition:

- Butler—Trinity Lutheran Church, 120 Sunset Dr., second Thursday of every month, 6:30 p.m.
- Evans City—St. John's United Church of Christ, 501 E. Main St., third Monday of every month, 5:30 p.m.
- Saxonburg—ABBA's House, 320 Main St., last Tuesday of every month, 6 p.m.
- Zelienople—Passavant Retirement Center, 105 Burgess Dr., second Tuesday of every month, 5:30 p.m.
- Online via Zoom—first Thursday of every month, 7 p.m. To receive a link for the online meeting, register for a link at <https://namibutler.org>.

In-person meetings do not require registration.

For more information, email info@namibutler.org or call 724-431-0069.

Sharing NAMI Butler County PA's story...



Donna Lamison, NAMI Butler County's executive director, spoke to members of the Butler Lions Club in August about the services we offer. Also pictured are (from left) Lions Club members Bruce Wood and Joyce Saunders, both of whom are on NAMI Butler's Board of Directors, and Butler Lions President Bob Ogden. Donna shared information about the upsurge in mental health conditions because of the pandemic. To support the needs of those who have loved ones with a mental illness, NAMI Butler offers five monthly Family Support Groups meetings and twice-yearly the free educational program, Family-to-Family. For more information, visit <https://namibutler.org>.





NAMI

National Alliance on Mental Illness

**Butler
County PA**

MEMBERSHIP FORM

Please complete and mail the form to our office, or you can join by clicking [here](#)

_____ **YES**, I want to become a member of the NAMI Butler County PA

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

MEMBERSHIP PER YEAR

_____ \$40.00 (Regular)

_____ \$60.00 (Household)

_____ \$5.00 (Open Door)

\$_____ Donation *

**NAMI Butler County PA is an exempt organization as described in Section 501(c)(3) of the Internal Revenue Code; EIN 25-1805693."*

Please make check or money order payable to:

NAMI Butler County PA

PO Box 1943

Butler, PA 16003