



NAMI

Ray of Hope

NAMI Seneca, Sandusky & Wyandot Counties
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Recent Volunteer & Membership Event

On Sunday, December 4th, we held our first monthly volunteer and membership meeting. The discussion topic was advocacy, what it is and how to be a good advocate. We had a fair turnout, taking into consideration the poor weather and time of year.

The group has decided that they will meet on the first Monday of every month, while rotating where we hold the meeting. The next meeting will be held on January 2nd at the NAMI SSW office in Fremont. Snacks and refreshments will be provided. Everyone is invited

Reminder—Fremont Family Support Group Moved

Just a reminder that the Family Support Group that meets in Fremont on the 2nd Thursday of each month has been moved from Pontifex to the NAMI SSW office at 219 S. Front Street in Fremont. The time of the meeting, 7:00PM, will remain the same. If you have any questions about the group feel free to give us a call. Thank you for your patience with this transition.

December 9, 2005



Seasonal Affective Disorder

If you notice periods of depression that seem to accompany seasonal changes during the year, you may suffer from seasonal affective disorder (SAD). This condition is characterized by recurrent episodes of depression – usually in late fall and winter – alternating with periods of normal or high.....[More Details](#)

NAMI Responds to Miami Shooting

Statement of Michael J. Fitzpatrick, Executive Director, National Alliance on Mental Illness

NAMI's heart goes out to the family of Rigoberto Alpizar and to the marshals involved in the shooting, who we know must be profoundly affected by this tragedy.

We recognize that air marshals have very difficult jobs and sometimes have to make split second, life and death decisions.

NAMI calls upon the Federal Air Marshal Service and all other law enforcement agencies to take a close look at its training and education protocols and, if currently lacking, adopt measures to prepare officers to respond effectively to people with severe mental illness.

Law enforcement officers frequently come into contact with people who may be acting erratically or irrationally due to severe mental illnesses or other brain disorders, such as Alzheimer's disease. Many communities throughout the United States, including Miami, have adopted Crisis Intervention Team (CIT) programs to better prepare officers to respond to these situations. These programs work and save lives!

The U.S. Surgeon General has reported that: "The overall contribution of mental disorders to the total level of violence in society is exceptionally small." Acts of violence are exceptional. When they do occur, it is a sign that something has gone terribly wrong.

.....[More Details](#)

Upcoming Events

- December 9, 2:00PM** - Fremont C.A.R.E meeting, 2PM at Pontifex in Fremont
- December 14, 2:00PM** - Tiffin C.A.R.E meeting, 2PM at the RTA building in Tiffin
- December 14, 7:00PM** - Tiffin Family Support Group, 7PM at Hospice in Tiffin
- December 16, 2:00PM** - Fremont C.A.R.E meeting, 2PM at Pontifex in Fremont
- December 23, 2:00PM** - Fremont C.A.R.E meeting, 2PM at Pontifex in Fremont
- December 30, 2:00PM** - Fremont C.A.R.E meeting, 2PM at Pontifex in Fremont
- January 2, 7:00 PM** - Volunteer & Membership Meeting, 7PM at our office in Fremont

To remove your name from our mailing list, please respond to this e-mail with the word "unsubscribe" in the subject line.

Questions or comments? e-mail dwolf@namissw.org or call 888-582-8889

NAMI SSW is a Member of the United Way of Sandusky County and an Associate Member of Tiffin-Seneca United Way.