



# The Self-Helper

News and Notes from the Self-Help Center  
A program of Family Service

Fall 2017

## The 16<sup>th</sup> edition of the Support Group Directory is now available!

Please call or email Lorelea at (217) 352-0099, ext. 115, or [lliss@familyservicecc.org](mailto:lliss@familyservicecc.org), to order yours. The Directory is available at no charge\* if you pick up copies at Family Service, 405 S. State St., Champaign during regular office hours (M-F, 8:30 a.m.-5 p.m.). Mailed copies are available with pre-paid postage to the Self-Help Center with a notation stating quantity of Support Group Directories ordered. An online version is also available at [www.selfhelp.famservicecc.org](http://www.selfhelp.famservicecc.org) \*Suggested donation of \$3 per copy after the first copy.

*Special thanks to Carle for their financial support of the Support Group Directory.*

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## Good News! New Groups!

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**\*Angel Moms**-This support group is for mothers who have lost a child. The group is open to mothers of any age who have lost a child of any age and due to any circumstance. Our purpose is to support each other through our grief journey. Meets 1st Thursday every month, 6:30 - 8:30 p.m., Jocko's Pizza Inn, 305 W. Williams Street, Danville. The group has a closed Facebook page; please ask to

join.

Call: Julia Wilson (217) 213-7481 or [julialwilson1965@gmail.com](mailto:julialwilson1965@gmail.com)

**\*Dialysis and Transplant Support Group- Seven County Kidney Fund**- This support group for dialysis and transplant patients focuses on helping patients adapt and cope with the changes and impacts of End Stage Renal Disease (ESRD). These meetings are an opportunity to get to know and share with others facing similar life experiences. The group is open to patients with ESRD and their families. Meets monthly on Tuesdays, 2:00 p.m. Please contact Charlene Vollmer for more information on meeting dates/times/locations. In addition, the Seven County Kidney Fund is a non-profit established to assist local dialysis and transplant patients with costs of transportation, medication and other related expenses. Even though the organization is registered as a seven-county service area, patients from at least 25 counties in central, east-central and southern Illinois have received financial aid from the Fund. Please contact Charlene Vollmer for additional information.

**Call:** Charlene Vollmer (217) 891-2981; Roy Maxfield (217) 498-9987

**Email:** [Charlene.vollmer@gmail.com](mailto:Charlene.vollmer@gmail.com); [roymaxfield@aol.com](mailto:roymaxfield@aol.com)

**Write:** Seven County Kidney Fund 701 N. First Street Springfield, IL 62781-0001 Like us on facebook!

### **\*GROW in Illinois - Personal Growth Group- Rantoul**

This self-help group offers a program for personal growth through small weekly meetings and a voluntary network of members. It provides support and practical help to people, ages 18 and older, to cope with a mental disorder or emotional crisis. A newsletter and group literature are available. Meets Wednesdays, 2:00 p.m., Rantoul First United Methodist Church, 200 S Century Blvd, Rantoul. THE GATHERING PLACE In the back lot of church. Parking available.

Call: Karen Shan (217) 390-2583 or (217) 352-6989

Email: [karen.shan@growinamerica.org](mailto:karen.shan@growinamerica.org) - [growil@sbcglobal.net](mailto:growil@sbcglobal.net)

National Website: [www.growinamerica.org](http://www.growinamerica.org)

**\*Healing After Loss** This support group meets quarterly and is intended for those 18 and older who have lost a loved one to cancer. Group meets quarterly, 1st and 3rd Tuesday of the month, 12:00 - 1:00 p.m., Carle Cancer Center, 1st floor conference room, 509 W. University, Urbana. Please call for meeting dates.

Call: Kimberly Harden (217) 383-3581

Email: [kimberly.harden@carle.com](mailto:kimberly.harden@carle.com)

**\*Central Illinois Amputees (CIA)** is excited to announce our first support group meeting on Wednesday November 15 @ 6:00PM at Carle Hospital. CIA is open to amputees, family members, friends and care givers. Our goal is to provide peer support, interaction, encouragement and education for everyone touched by limb loss. Starting in December we will be meeting the second Wednesday of every month at 6:00 p.m. We look forward to meeting you! For more information and for meeting room location, please connect with Nikki Grace at (217) 663-8064 or by email at [centralillinoisamputees@yahoo.com](mailto:centralillinoisamputees@yahoo.com). Also find us on Facebook!

*I high-lighted this newly-forming dad's group in summer's newsletter, however the response has been disappointingly low. We hope to hear from fathers who would like to assist in planning this group and getting it off the ground! This is a much-needed support system for fathers in our community.*

**\*Dad's Support Group** will encourage sharing our experiences and successes in being a Dad. Informal discussion, social activities, and teaching on relevant topics may all be part of the group. Other ideas are always welcome. A support group needs a commitment by several core people to plan and launch the group successfully. Are you interested in joining others to plan and launch a Dad's Support Group in the fall of 2017? If so, please contact Tom Carlson ([tacarlso@gmail.com](mailto:tacarlso@gmail.com)).

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## Group Updates

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Janice wants you to know that the **Carle Cardiac Support Group** will meet on Tuesday Oct 24<sup>th</sup>, from 4:30 -6:00 p.m. The topic will be Heart Failure with guest speaker Patrick McGuire, NP. The December meeting will take place on Tuesday, December 12<sup>th</sup>, from 4:30-6:00 p.m. and will feature a Christmas Party complete with bingo and heart-healthy snacks. Both meetings will take place at Carle Tower, Conference Room A, 611 W. Park St., Urbana. For more information, please connect with Janice Masuga at (217) 904-7430 or [janice.masuga@carle.com](mailto:janice.masuga@carle.com)



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## Announcements and Events

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\*Mark sends word that the **Champaign County Mental Health Board and the Champaign County Developmental Disabilities Board** are interested in hearing your opinion about mental health, substance use disorder, and intellectual and developmental disability services in Champaign County. How have you or a family member been helped? Or did you or a family member have a need that could not be met? We want to hear from you!

As a person with a mental health condition, substance use disorder, or intellectual or developmental disability, YOUR experience with the local system of services is something we would like to hear about. As a family member, guardian, or friend of someone with a mental health condition, substance use disorder, or intellectual or developmental disability, YOUR knowledge and experience with local services is also of interest to us, as are the opinions of stakeholders and other interested parties with knowledge and experience with local behavioral health or intellectual and developmental disabilities services.

**On October 21, the Champaign County Mental Health Board and the Champaign County Developmental Disabilities Board (CCMHB/DDB) will open access to an online survey.**

The web address for the survey is: [www.champaigncountysurvey.com](http://www.champaigncountysurvey.com). All responses are anonymous. No names or addresses will be required to see or complete the survey. If you would rather complete a paper copy of the survey, please contact the CCMHB/DDB at (217) 367-5703 to request a copy. Or send an e-mail to [mark@ccmhb.org](mailto:mark@ccmhb.org). Your opinion matters! Let your voice be heard!

\*Kimberly checked in with news that the **Central Illinois Walk/Run for Epilepsy** will take place on Saturday, October 14 at the Southern View Community Park in Springfield. Registration and activities for the 5K run/walk will begin at 8:00 a.m., the program begins at 9:45 a.m., and the walk/run steps off at 10:00 a.m. To register, please go to [www.epilepsychicago.org](http://www.epilepsychicago.org) or call (800) 273-6027. Please see attached flier for more info.

\*Roxanna wants you to know that the **Savvy Caregiver** classes will start on Wednesday, October 18. This free 6-week program for family caregivers offers 12 face-to-face training hours with dementia experts. The classes take place at Family Service, 405 S. State St., Champaign, Wednesdays, 9:30 – noon through November 22. Class topics will include understanding Alzheimer's and other related dementias, the toll of caregiving, managing daily life and behaviors, decision making, and communicating with a person who has dementia. To register or for more information, please connect with Roxanna at (217) 352-5100, ext. 136. Please also refer to the attached flier.

\*Jennifer sends word that Parkland College is hosting its annual **National Depression Screening Day** on Wednesday, October 18 from noon – 1:00 p.m. in room U140. This free informational session is open to the campus and community. It includes a showing of the film "The Truth about Suicide: Real Stories of Depression in College," followed by a panel discussion featuring local mental health professionals and representatives from mental health support groups. Information about the symptoms and treatment of depression, directions for obtaining effective help, the opportunity to ask questions, and confidential depression screening will also be available. For more information, please connect with Jennifer Klatsky in the Counseling and Advising Center at (217) 351-2453 or [jklatsky@parkland.edu](mailto:jklatsky@parkland.edu).

\*Jim and Barb are excited to let you know about a fun upcoming event: **Celebrate disABILITY! – A Music & Art Festival**, sponsored by the disABILITY Resource Expo, is scheduled for Saturday, October 21<sup>st</sup>, from Noon-3:00 p.m. at Lincoln Square in Urbana. This event is free and open to the public and will feature well-known local bands 90's Daughter, plus Candy Foster & Shades of Blue. You'll also hear up and coming young musicians from the First Gig Rock & Roll Kids' Camp and the Penguin Project. You can visit the booths of numerous artisans, and if you like, purchase some art to take home. Between musical acts, we will honor several local "Champions of disABILITY Awareness." A play area for young children will be available throughout the event, at Spark, near the Main Stage. In addition, all attendees are invited to join us again this Spring, on April 7, 2018, for the disABILITY Resource Expo (9am-2pm at the Vineyard Church in Urbana). Please see the attached flier for more information.

\*Evelyn sends notice that the **Champaign Public Library**, 200 W. Green St., will host a screening of the documentary "Screenagers" on Tuesday, October 24, at 6:30 p.m. Physician and filmmaker Delaney Ruston examines the impact of screen time on the lives of teenagers in her latest documentary, which draws on her family's personal experiences. Through poignant, and unexpectedly funny stories, along with surprising insights from authors, psychologists, and brain scientists, "Screenagers" reveals how tech time impacts kids' development and offers solutions on how adults can empower kids to best navigate the digital world and find balance. The documentary will be followed at 7:45 p.m. by a community conversation with Ondine Gross, author of "Restore the Respect: How to Mediate School Conflict and Keep Kids Learning," and former school psychologist at Centennial High.

\*Need help using a computer or mobile device? Check out **Friday Tech Help!** Get tech help free from U of I School of Information Science students. Stop by with your questions! Offered on Fridays, 10:00 a.m. – noon

from now through November 17 at the Douglass Branch Library, 504 E. Grove St., Champaign. For more information about either of the two above events, please call 217-403-2090 or go to [champaign.org/events](http://champaign.org/events).

\*Ayesha sends word that the 8<sup>th</sup> Annual **Greater Chicago Epilepsy Consumer Conference** will take place on Saturday, November 4, at the Crowne Plaza Chicago Metro in Chicago. Entitled "Living with Epilepsy", the day will offer educational sessions provided by area epilepsy specialists. As always, the conference is free of charge and is open to anyone interested in attending. Agenda topics range from mood & memory in epilepsy, treatment options, surgical devices, family health, and as always, the latest updates in medical marijuana. Please see attached flier for more information. To register or for more information, please go to <https://events.r20.constantcontact.com/register/eventReg?oeidk=a07eej6hgpt766ddcd9&oseq=&c=&ch=>

\***International Survivors of Suicide Loss Day 2017** will take place on Saturday, November 18 at Parkland College from 10:00 a.m. -1:00 p.m. in room U-140. On Survivors Day, suicide loss survivors around the world gather at local events to share stories, gain insight, and find comfort in the knowledge that they are not alone. For more information and/or to register, please go to <https://afsp.org/find-support/ive-lost-someone/survivor-day/>

\*Kala at **Big Brothers Big Sisters of Central Illinois** is excited to share that it has been selected to participate in a national project called Positive Outcomes in Mentoring (POM) to support children and youth through mentoring. The POM program model focuses on recognizing and building strengths and resiliency using evidence-based practices. *POM focuses on mentoring children with a special focus on children that have been impacted by the incarceration of a parent or primary caregiver.* Children in this program must be between the ages of 8 and 17. Families and children will not be under any obligation to participate and, if they do participate, will be fully informed of what would be required before giving their consent. For more information about this program, please connect with Kala Hammer at (217) 355-2227 or [k.hammer@bbbscil.org](mailto:k.hammer@bbbscil.org).

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## Support Group Spotlight- Narcotics Anonymous

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NA's earliest self-titled pamphlet, known among members as "the White Booklet," describes Narcotics Anonymous this way:

*"NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We meet regularly to help each other stay clean. ... We are not interested in what or how much you used ... but only in what you want to do about your problem and how we can help."*

Membership is open to all drug addicts, regardless of the particular drug or combination of drugs used. When adapting Alcoholics Anonymous's First Step, the word "addiction" was substituted for "alcohol", thus removing drug-specific language and reflecting the "disease concept" of addiction.

There are no social, religious, economic, racial, ethnic, national, gender, or class-status membership restrictions. There are no dues or fees for membership; while most members regularly contribute small sums to help cover the expenses of meetings, such contributions are not mandatory.

Narcotics Anonymous provides a recovery process and support network inextricably linked together. One of the keys to NA's success is the therapeutic value of addicts working with other addicts. Members share their successes and challenges in overcoming active addiction and living drug-free productive lives through the application of the principles contained within the Twelve Steps and Twelve Traditions of NA. These principles are the core of the Narcotics Anonymous recovery program. Principles incorporated within the steps include: admitting there is a problem; seeking help; engaging in a thorough self-examination; confidential self-disclosure; making amends for harm done; and helping other drug addicts who want to recover.

Central to the Narcotics Anonymous program is its emphasis on practicing spiritual principles. Narcotics Anonymous itself is non-religious, and each member is encouraged to cultivate an individual understanding, religious or not, of this "spiritual awakening."

Narcotics Anonymous is not affiliated with other organizations, including other twelve step programs, treatment centers, or correctional facilities. As an organization, NA does not employ professional counselors or therapists nor does it provide residential facilities or clinics. Additionally, the fellowship does not provide vocational, legal, financial, psychiatric, or medical services. NA has only one mission: to provide an environment in which addicts can help one another stop using drugs and find a new way to live.

In Narcotics Anonymous, members are encouraged to comply with complete abstinence from all drugs including alcohol. It has been the experience of NA members that complete and continuous abstinence provides the best foundation for recovery and personal growth. NA as a whole has no opinion on outside issues, including prescribed medications. Use of psychiatric medication and other medically indicated drugs prescribed by a physician and taken under medical supervision is not seen as compromising a person's recovery in NA.

For more information about our program, we invite you to review some of the items described below.

**Information about NA:** Includes facts about the history of NA, organizational philosophy, and membership demographics.

**NA: A Resource in Your Community:** This pamphlet provides information about local NA services that may be available such as public service announcements, phonelines, literature sales, and NA presentations for health fairs, schools and professional conferences.

**In Times of Illness:** This relied-upon booklet was recently revised to reflect members' experiences with challenges such as mental health issues, chronic illness and pain, and supporting members with illnesses. It includes section summaries in the table of contents.

**NA Groups and Medication:** Our Twelve Traditions remind us that medication use is a member's personal decision, and is an outside issue for NA groups. This piece is intended for groups as they consider this issue. It does not address members' personal decisions, nor does it try to change members' opinions about medication. Groups are often better able to carry the message and welcome everyone when members come together to discuss this issue.

**For Those in Treatment:** In this pamphlet, we offer some suggestions and a basic plan of action to help recovering addicts in the transition from treatment, to continuing recovery in Narcotics Anonymous.

**By Young Addicts, For Young Addicts:** This pamphlet was developed by young members of Narcotics Anonymous to illustrate the fact that young addicts around the world, speaking many different languages, are getting and staying clean in NA.

**An Introduction to NA Meetings:** Offers a welcoming introduction, and explains practices unfamiliar to those at their first meetings, and provides tips for groups to preserve an atmosphere of recovery.

**Narcotics Anonymous and Persons Receiving Medication-Assisted Treatment | Spanish:** This pamphlet is intended for professionals who prescribe medication to treat drug addiction. The service pamphlet *NA Groups and Medication* listed in the pamphlet contains a broader discussion of NA members and other medications.

Resource site at [www.na.org](http://www.na.org). Local meeting lists can be found at [www.centralillinoisna.org](http://www.centralillinoisna.org).

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## Send us your news!

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We love to hear from group leaders and participants. Do you have a success story to share? Does your group have an upcoming event or anniversary? Would you like us to develop a workshop on a specific topic? Are you available as a workshop presenter? Please contact us with comments and questions, ideas for future articles or news you'd like to share about your group.

Contact SHC Coordinator Lorelea Liss by phone at (217) 352-0099, ext. 115, or  
e-mail: [lliss@familyservicecc.org](mailto:lliss@familyservicecc.org)

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