



**National Alliance on Mental Illness**

**Published by NAMI Six County**

*(Serving Coshocton, Guernsey, Morgan, Muskingum, Noble & Perry Counties)*

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## *The Family Voice Newsletter*

April 2017

### *Quinns Join Hall of Fame* *(By Paul Quinn, President, NAMI Six County)*

Tom and Margaret Quinn were recently recognized by NAMI Ohio at the Ohio Statehouse during NAMI's Annual Meeting. The Quinns joined NAMI Ohio's Herb Reisenfeld Hall of Fame, the organization's highest possible honor.

Herb was a founding member of NAMI Ohio and also served on the NAMI National Board of Directors in 2002. The Reisenfeld Hall of Fame Award is only given to those who go well above and beyond the call of duty to serve persons with mental illness and their families.

The Quinns incorporated the local NAMI affiliate in 2000 — with the organization serving Coshocton, Guernsey, Morgan, Muskingum Noble and Perry Counties. Tom and Margaret served as President and Vice President of NAMI Six County for 16 years before sons Paul and Pat assumed leadership. Over that span, the Quinns taught 18 Family-to-Family courses, helped to administer 17 Crisis Intervention Team (CIT) Academies for law enforcement, and facilitated family support groups. The family band, the Quinn Family Singers, has been raising awareness and celebrating recovery from mental illness throughout Ohio for 18 years. The Quinns were also visible advocates at the Ohio Statehouse, in the media, and in the community.

Tom, Sr. passed away in November of 2016 at age 89. The Quinn Family Bash was Tom's idea. Tom fervently believed that clients in recovery from mental illness should have opportunities to be in social situations to enjoy some music, food and fun. Five years ago, Tom also created an annual fundraising event for NAMI Six County. That event this year will serve as a tribute to Tom, Sr. The fifth annual party — featuring rock 'n roll band *Remember Then* — will be held April 29 at the Knights of Columbus Hall in Zanesville.

"The Quinns have been an inspiration and role model for many of us," said NAMI Ohio Director Terry Russell. "Their picture will join other recipients — forever displayed at NAMI Ohio's Hall of Fame."





*NAMI Six County's monthly family education/support groups provide a warm and accepting setting in which everyone can openly share experiences without fear of criticism. We have all 'been there' before and want to share and help! Please join us.*

► **Zanesville Afternoon Support Group — TUESDAY, APRIL 4, 2017, 1:00 to 3:00 p.m.,  
Facilitator, Paul Quinn**

**IMPORTANT: PLEASE NOTE CHANGE IN MEETING LOCATION.**

This group meets on the first Tuesday of each month. In April the group will be meeting at the Honey Baked Ham Restaurant, 2579 Maple Avenue in Zanesville. ***Special Guest Speakers:*** *Vickie Hare* (Executive Director) and *Misty Cromwell* (Associate Director) of the Mental Health & Recovery Services Board will be providing an update about the work of local **SUICIDE PREVENTION COALITIONS.**

► **Zanesville Evening Support Group – TUESDAY, APRIL 18, 2017, 7:00 to 8:30 p.m. —  
Facilitator, Becky Allison**

**WHEN:** This group meets every third Tuesday evening of the month.

**WHERE:** *Trinity United Presbyterian Church, 830 Military Road, Zanesville, in the Youth Room.* •The entrance is located across from the picnic shelter. As you approach the church – if coming up the hill on Military from Maple – take the first right turn. Ample parking is available just down the hill as you turn into the church property. There will be a sign, so watch for it as there are many doors.

**WHAT:** Support and education for those with a loved one diagnosed with a mental illness.

**SPEAKER:** *Ashlee Miller, United Way Grant Facilitator for Allwell Behavioral Health Services, will present information about the organization's **PATHWAYS TO WELLNESS** Program. The Pathways to Wellness grant provides activities for clients with severe and persistent mental illness — to increase social interaction and present information about nutrition and fitness. The Program is offered in three of the six counties served by Allwell. Clients are engaged in walking and other exercise, cooking, spirituality, art and nature. They also participate in a tobacco cessation group to help them with decreasing use or quitting tobacco altogether. These activities outside of treatment are helping to decrease clients' mental health symptoms and are improving their overall health.*

Come educate yourself and bring a friend who might benefit from this support group. Questions? Call Becky at 419-709-5838.

► **Coshocton Support Group — MONDAY, APRIL 17, 2017, at 7:00 p.m.**

This group meets from 7:00 to 8:30 p.m. (every third Monday evening of the month) in the *Grand Central Station Room at Coshocton Hospital, 1460 Orange Street, Coshocton.*

# ***April 29<sup>th</sup> Party Celebrates Mental Health and the Legacy of Tom Quinn***

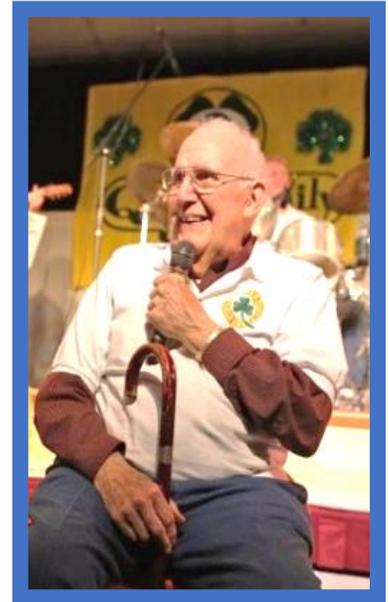
*(A Tribute to . . . “Thomas G. Quinn, one of Zanesville’s most noted volunteers and advocates. . .”)*

— *The Zanesville Times Recorder, 11/30/16*

On April 29, please support mental health in our community and celebrate the life and legacy of Tom Quinn at a special “*Recovery Rocks*” party at the Knights of Columbus Hall, 275 Sunrise Center Dr., Zanesville. Doors open at 6:00 p.m. Music is from 7:00 to 10:00 p.m.

Entertainment comes from 50s and 60s rock band *Remember Then* from Athens. This group’s swing beats and vocal harmonies provide the soundtrack for an evening of dancing and fun. The band’s catalog includes old favorites like *The Loco-Motion*, *Cherry-Cherry*, *Please Mr. Postman*, *Splish-Splash*, and *I Can’t Help Falling in Love with You*. The band is donating its services in honor of Quinn and his contributions to the community.

Tickets are \$15 each. Enjoy free snacks or purchase food items off the Hall’s menu. Table reservations and sponsorship opportunities are available. All proceeds go to local NAMI services for the mentally ill and their families and also to the Knights of Columbus “*Measure Up*” Campaign.



Tickets may be purchased at:

- Knights of Columbus Hall, 275 Sunrise Center Drive, Zanesville
- The Mental Health & Recovery Services Board, 1205 Newark Road, Zanesville
- Tom’s Ice Cream Bowl, 532 McIntire Avenue, Zanesville
- Or you may call the Quinns at 740.452.2416.

Track this event and the participating organizations by following these Facebook pages:

- [www.facebook.com/pages/remember-then/146136788754692](http://www.facebook.com/pages/remember-then/146136788754692)
- [www.facebook.com/knights.columbus.3720](http://www.facebook.com/knights.columbus.3720)
- [www.facebook.com/nami6county](http://www.facebook.com/nami6county)

## ***NAMI Six County’s Mission***

***To ensure dignity and respect for persons with severe mental illness, improve their quality of life, and support their families.***

# ***Coping with a Loved One's Addiction***

## ***TOGETHER THERE IS HOPE!***

Dealing with a loved one's addiction can be a difficult, long-term endeavor. Family and friends must learn to cope with fears that the addicted person will suffer physical issues, hurt themselves in various ways, or encounter legal complications. With the current drug epidemic, it's not hard to imagine the enormous number of family members and friends who are, in turn, directly affected by addiction.

Representatives of three families, who are participants in Muskingum Behavioral Health's *Family & Friends Support Group*, recently met with the Mental Health & Recovery Services Board's Partners Workgroup to talk about the value of regularly meeting to support each other and learn how best to assist in long-term recovery for both themselves and their loved ones.



The presenters noted how the group significantly helps bewildered and scared family members understand the difference between loving and enabling.

One family member pointed out that the group has helped her to feel empowered and has given her hope and a chance to start living again. Panel members noted that they feel their lives have been saved by being a part of the group and, in some instances, the group has helped to keep marriages intact.

The presenters emphasized that they are family members and friends of good people who suffer from addiction. Through the power of networking, their mission is to connect families with each other to share knowledge and personal experiences.

***Muskingum Behavioral Health's "Family & Friends" support group meets every Wednesday from 6:30 to 7:30 p.m. at Eastside Community Ministry, 221 Stillwell Street, Zanesville.***

Other area *Family & Friends* groups:

- Genesis Behavioral Health offers a support group on the second Thursday of each month from 6:30 to 7:30 p.m. in the outpatient area of their facility located at 2951 Maple Avenue in Zanesville.
- Alcohol & Drug Services of Guernsey County offers a support group every other Thursday from 2:30 to 4:00 p.m. at 927 Wheeling Avenue (Suite 310) in Cambridge.
- Perry Behavioral Health Choices offers a SOLACE support group on the first and second Thursdays of the month from 6:00 to 8:00 p.m. at 203 N. Main Street in New Lexington.

# *Spirituality's Role in Recovery*

*("From the Pen of Pat Quinn")*

Christianity has always played an important role in my life. Probably the most obvious example I can give is that, when I was about 20, I went through the entire New Testament and wrote down every command that existed therein. There are quite a few of these commands! I even recorded the smallest of commands. But there have been times when I was upset with God. Though I am now at peace with it, I often wonder why I have had to suffer so much in my life.



I remember in a time of great suffering from my mental illness, I was seeking God to ease my suffering. I was reading a book about God, and I remember that it said, "Brokenness is for our good!" Oh, how I wanted to do just that — use brokenness for my good!

I believe God plays an important role in my recovery. God says in Jeremiah 29, *"I know well the plans I have in mind for you, plans for your welfare and not for your disaster, plans to give you a future full of hope. Then you will call to Me. You will come and pray to Me and I will answer you. You will seek Me and you will find Me and I will restore your fortunes."*

Isaiah 30 notes, *"The Lord will make you go through hard times, but He Himself will be there to teach you, and you will not need to search for Him anymore. If you wander off the road to the right or the left, you will hear His voice behind you saying, 'Here is the road. Follow it.'"*

These words of Scripture give me hope and strength. I hope they help you as well. God has a plan for my life and yours.

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## *Grace, Gratitude and Grit*

*(Source: [www.nami.org](http://www.nami.org))*

A recent research study examined the role of gratitude and grit in reducing suicidal thoughts in college students.

Grit was defined as having long-term interests and passions and a willingness to push past setbacks in order to progress toward goals. Researchers found that the application of grit and gratitude together helped teach people to appreciate the good aspects in life, as well as accept and overcome frustrations.



Here are a few tips for practicing gratitude in your daily life:

- **Keep a gratitude journal.** Entries don't need to be extensive; even listing one or two things is fine. If you're having a hard day, it sometimes helps to go back through the journal and look at past entries for inspiration and reminders.
- **Visual reminders.** Post pictures of loved ones or meaningful experiences in places where you can see them regularly. Creating a gratitude wall or scrapbook is also a good way to do this.
- **Practicing spirituality.** Attending worship services and prayer have been associated with psychological well-being and positive coping strategies. Being thankful can cultivate positive emotions.

## *Quinn Family Bash Is Set for May 19*

The 18<sup>th</sup> Annual “Quinn Family Bash” for recovery will be held from 1:00 to 4:00 p.m. on Friday, May 19, at the Muskingum County Welcome Center, 205 N. Fifth Street in Zanesville.

As usual, members of the Quinn family will host a full afternoon of music for more than 200 clients, family members, caregivers, distinguished guests, and friends of mental health. Those in attendance will enjoy entertainment, dancing, prizes, snacks and refreshments.



Of course, the Quinns will celebrate the legacy of their father, Tom Quinn, Sr. Tom, longtime NAMI officer and the founder of the Bash, passed away in November of 2016 at age 89. “It will be emotional for the family to perform for the first time without our father,” said Paul Quinn, President of NAMI Six County. “But we want to carry on the tradition he started. And we know he is looking upon us now and smiling with approval.”

The Quinn Family Singers is a 14-member musical act created by Tom and his wife of 63 years, Margaret Ann. The band consists of Tom and Margaret’s children and grandchildren. They include Gretchen (Quinn) Booth of Nashport; Tom, Jr. of Athens and his son Brian of Chicago; Carolyn of Columbus; Paul and Patrick Quinn of Zanesville; Chuck and his daughters Sam and Emma of Detroit; and Francie (Quinn) Pendley and her children, Thomas and Marie, of Galena.

The Quinn Family Singers offer a variety of music spanning six decades. “We believe in the power of music to heal, unite and celebrate,” said Patrick, NAMI Six County Vice President. “The Bash has proven to be a fun and valuable element in our ongoing journey toward recovery from mental illness and the associated stigma.”

The NAMI Six County affiliate provides a variety of services to improve the lives of persons with mental illness and to support their families. Services include:

- Training for law enforcement officers in de-escalating potentially volatile situations and referring persons for treatment.
- Teaching free 12-week courses for families of persons living with mental illness.
- Advocating for the mentally ill with legislators.
- Leading support groups for the mentally ill and their families.

For more information, go to [www.facebook.com/quinnfamilysingers](http://www.facebook.com/quinnfamilysingers).

## *Making People Smile*



“When I was diagnosed with anorexia, I didn’t understand,” Chris Tigner said at NAMI Six County’s Afternoon Family Education/Support Group meeting held in March. “For a while, I tried to hide it. But now, I understand it’s an illness, an illness of your brain.”

Chris’s illness coincided with his passion for fitness and athletics. “At age 12, I got into weightlifting,” he said. “At first, it was a hobby. I thought it would help me fit in. But it grew into much more than that.”

“In high school, I began working out five days a week,” he said. In college, Chris felt like he was not keeping pace with his peers. “To me, it seemed everyone else was bigger. Everyone else was stronger. So, I hit the gym harder. I spent all my free time there. Working out became my top priority. I had become obsessive-compulsive.”

As part of his illness, he also believed himself to be overweight and began starving himself. After three months, he woke up in the hospital. “I had deprived my body of nutrients,” Chris

said. “My organs were shutting down. I came close to dying. I was afraid.”

“It wasn’t until then I realized I had a problem,” he said. “I promised God that I would help others if he would send me home from the hospital. The hospital referred me for counseling. Reluctantly, I went to the appointment. I quickly learned there is a large connection between physical health and mental health. We must take care of both.”

That was 2010. “Since then, I have not needed to return to the hospital, so I am spending my time helping others like me.”

Chris has been through peer support training and is an integral part of the team planning the Annual Recovery Summit.

“With support from the mental health system of professionals, services and support groups, I have persevered,” Tigner said. “Mental health professionals have given me tools for coping with my illness. Support group colleagues have also taught coping skills to me, which I use regularly.”

Tigner had high praise for the value of support groups. “My groups reconnect me to the world from which I became distanced,” he said.

Chris has a positive outlook on his recovery. “I want to learn everything I can about it so I can help others,” he said. “We all need to keep learning. My goal now is to make someone smile every day.”

We hope you appreciate receiving this newsletter. If you do not receive a personal copy and would like to be added to our mailing list, please let us know. If you are on our mailing list and would like to be removed, we want to honor your wishes. Just call Linda Hand at 740-454-8557.

Also, if you would like to join NAMI Six County, please call Linda to request a membership form. Thanks!

## Help to End the Stigma!

- Learn about mental illness.
- Tactfully object to negative stereotyping of persons with mental illness.
- Treat people with the dignity and respect we all deserve.

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c/o Paul and Patrick Quinn  
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