

For Immediate Release



**BEN GORDON CENTER CELEBRATES MENTAL
ILLNESS AWARENESS WEEK OCTOBER 4-10, 2009
WITH A VARIETY OF COMMUNITY EDUCATION
AND AWARENESS ACTIVITIES**

Stop. Look around. When you're at your job, driving in your car, in your Classroom, grocery store, library or church. One in five people you see is affected by mental illness.

Are you or some one you love one of the millions of Americans who are experiencing the signs or symptoms of depression, anxiety, Bi-Polar disorder or other mental illness? Anxiety and Depression affects millions of Americans every day and over 17 million Americans have suffered from an either an anxiety disorder or depression, some of America's most common mental illnesses

What is mental illness?

"We know that mental illness is a medical illness, and having a mental illness is no different than having any other illness such as diabetes or heart disease. But if you, or someone you love, have a mental illness it can be challenging. Knowing what treatment is available and understanding the specialized care needed and

where to turn for your first step toward recovery, said Michael Flora, President and CEO of the Ben Gordon Center.

According to Flora mental illnesses can often effects a person's thinking, feeling, mood, and ability to relate to others. Mental illnesses include such disorders as bipolar disorder, schizophrenia, depression, obsessive-compulsive disorder, anxiety disorders, including post-traumatic stress disorder (PTSD), borderline personality disorder, and other severe and persistent mental illnesses.

If mental illness affects you or your family, you are not alone. In our community you can find support, treatment and education. "The Ben Gordon Center is dedicated to improving the lives of persons living with mental illness and their families. This week, the Ben Gordon observes Mental Illness Awareness Week. Established in 1990 by Congress, the first week of October is designated to promote greater public understanding of the nature of mental illness, and to encourage people to get help when they need it., Treatment options exists, and treatment works" said Flora . " As part of Mental Illness Awareness Week and throughout the month of October, the Ben Gordon Center will be offering Free Depression, Bi-Polar, PTSD, Alcohol and Anxiety Screenings", he added. These screenings are offered Monday through Friday 9 AM to 5 PM with no appointment necessary. Individuals will have an opportunity to meet with a mental health professional and learn the facts about mental illness for themselves or someone they love. The screenings are also offered on line by visiting the Ben Gordon Center website and following the link to the free anonymous screenings

In addition, the Ben Gordon Center will be offering the beginning of their **Understanding ADHD** wellness Series. This series will begin on Wednesday starting October 7 at Ben Gordon Center's DeKalb office located at 12 Health Services Drive. The class is open to parents, teachers, professionals, or anyone

interested in learning more about the disorder. The cost is \$75.00 for the series; a \$10.00 deposit is required prior to the first session.

“Participants will learn the diagnostic criteria for the diagnosis of ADHD. The probable causes of ADHD, associated problems and the coexisting conditions with ADHD will be covered. Common misperceptions about ADHD will also be presented. Participants will learn about effective treatments such as medication, behavioral and educational management and gain a better understanding of the impact ADHD has on the family,” said Lorna Mackeben, Advanced Practice Nurse who specializes in the treatment of ADHD at the Ben Gordon Center and Facilitator of the Series. Other faculty members will include clinicians and nurses of the Ben Gordon Center’s team of caring professionals.

The Ben Gordon Center will also offer FREE Brown Bag Lunch and learn seminars. Individuals interested are encouraged to bring their lunch and learn more about specific issues as well as ask questions of Ben Gordon Center team of caring professionals. The first of the Brown Bag Lunch Series will be ***“Understanding the Signs and Symptoms of Depression”*** with Ben Gordon Center Psychiatrist Dr. Qazi on Tuesday October 6. On Wednesday October 7th Bryan Campen will provide insight into a son’s experience living with a parent with a mental illness in ***“The Streets Where We Lived: A Son’s perspective on Mental Illness”*** and then on Thursday October 8, Michael Flora, CEO of the Ben Gordon Center will lead a discussion on ***“Understanding Mental Illness- Breaking down stigma”***.

Anyone interested in learning more about mental illness, treatment options available at the Ben Gordon Center or taking the free screenings can stop by the Ben Gordon Center office in DeKalb at 12 Health Services Drive any day Monday through Friday during regular business hours.

The Ben Gordon Center has skilled professionals who are experts in treating depression and other mental health issues. "Treatment is available and treatment does work," said Flora.

Ben Gordon Center, Inc. offers services on a sliding fee for those who qualify. Ben Gordon Center, Inc. also accepts Medicaid, Medicare, and all Insurance Plans. Ben Gordon Center is fully accredited by JCAHO, Illinois Division of Mental Health and the Division of Alcohol and Substance Abuse Services.

Ben Gordon Center offers mental health and recovery services for adult's children, teens and families in our community. Professionals have specific expertise in the treatment of Depression, Bi-Polar disorder, ADHD, Anxiety and family issues. Ben Gordon Center, Inc. is an experienced provider of behavioral health services for adult's children and families for mental health, chemical dependency and substance abuse disorders. Ben Gordon Center, Inc. offers services in DeKalb, and Sandwich. For more information about the free screenings or to make an appointment for you or someone you love call Ben Gordon Center at 756-4875 or visit their Website at [www. bengordoncenter.org](http://www.bengordoncenter.org)



Ben Gordon Center Mental Illness Awareness Week Calendar

Date	Activity	Location
Sunday October 4, 2009	2009 Kick off Mental Illness Week Activities	Community Wide Awareness
Monday October 5 th And through out the month of October	Free Mental Health Screenings	Ben Gordon Center 12 Health Services Drive DeKalb, II FREE
Wednesday Oct 7th	Understanding ADHD and Strategies for Management	Register by calling Ben Gordon Center 815-756-4875 \$75.00 for the series
Brown Bag Lunch Education Series	Tuesday October 6 12:00 PM-1:00 PM "Understanding the signs and symptoms of Depression" with Dr. Iram Qazi, MD Psychiatrist Ben Gordon Center	Ben Gordon Center 12 Health Services Drive DeKalb, II FREE
Brown Bag Lunch Education Series	Wednesday October 7 12:00 PM-1:00 PM "The Streets Where We Lived: A Son's perspective on Mental Illness" With Bryan Campen, Family Member	Ben Gordon Center 12 Health Services Drive DeKalb, II FREE
Brown Bag Lunch Education Series	Thursday October 8, 12:00 PM-1:00 PM "Understanding Mental Illness –Breaking Down Stigma" with Michael Flora, CEO Ben Gordon Center	Ben Gordon Center 12 Health Services Drive DeKalb, II FREE