



nami

National Alliance on Mental Illness

NORTH CENTRAL FLORIDA

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Serving Alachua, Bradford, Columbia, Dixie, Gilchrist, Levy & Union Counties

Co-Presidents' Corner...

NAMI Advocacy: Private Pain vs. Collective Dignity

Advocacy for the mental illnesses is a balancing act that calls upon wisdom. Wisdom is the fuel that advances growth of the entire community while allowing personal growth within the community. The mission of NAMI is to serve as a framework to advance collective and personal wisdom and growth through support, education, advocacy, and research for people living with a mental illness. The effect will improve the quality of life for all touched by these disorders of the brain. It takes strength, vision, and skill to harness the energy of passions in order to balance private pain processing, public dignity of a major disease, and wholeness arising from treatment and recovery. This balancing act is a dynamic moving target requiring input from all stakeholders: consumers, family, providers, co-workers and neighbors, the media, and legislators. NAMI is the nation's voice on mental illnesses. By keeping a eye on the mission of NAMI, all stakeholders will benefit on the path of wisdom leading to growth.

APRIL MEETING

The April 10th meeting will be a PROP meeting, People supporting People. This is our NAMI support group.

NAMI of North Central Florida has a new meeting place. We will meet at Trinity United Methodist Church, 4000 NW 53rd Avenue, at 7:15 p.m. Enter through the Educational Building door, under the drive-up portico, and take the elevator or stairs on your right to Room 224 on the second floor. Go down the hall straight ahead and the room is on the right.

NAMI GIVES STATE OF FLORIDA A C MINUS GRADE

The National Alliance on Mental Illness, has completed a first comprehensive state-by-state analysis of mental health care systems in 15 years. Every U.S. state has been scored on 39 specific criteria resulting in an overall grade and four sub-category grades for each state. The national average grade is D. Five states receive grades in the B range. Eight receive F's. Sadly, Florida received an overall grade of C minus.

Category Grades:

Infrastructure: F
Information Access: B+
Services: D+
Recovery Supports C+

Recent innovations within the state were listed as:

- Successful employment initiatives
- Promising growth in supported housing programs
- Growing penetration of jail diversion strategies

Urgent needs within the state were listed as:

- State leadership in developing a statewide standard of care
- Assurance of protections in Medicaid reforms
- Access to prescription drugs
- Expansion of Crisis Intervention Team (CIT) programs and treatment for mental illness in jails and prisons.

For more information visit the NAMI website at:

http://www.nami.org/gtstemplate.cfm?section=grading_the_states&lstdid=679

UF Leaders' Win-Win Plan for the Mind of Florida

Gainesville Sun - March 19, 2006 - Bruce R. Stevens Co-President, NAMI NCF

After several months of exchanging ideas surrounding the proposed eviction of a medical treatment facility from Shands Hospital at the University of Florida, leaders from the College of Medicine and Shands have finally arrived at a win-win plan.

Their new plan will permit the Department of Psychiatry to maintain and expand its positive attributes in patient care, medical training and research. The plan will benefit the mind of Florida, while it heals bodies.

The UF plan is now in alignment with a national partnership that supports and supplements the efforts of the National Alliance on Mental Illness (NAMI) in order to treat brain disorders that affect the mind. This partnership officially includes the Association of Academic Health Centers, American College of Emergency Physicians, National Medical Association, National Association of City and County Health Officials, Child Welfare League of America, Society for Adolescent Medicine, National Association of Social Workers and National Association of Counties.

Serious and persistent mental illnesses are biologically based medical brain disorders which affect thought, behavior or mood.

UF Health Science Center leaders have been working closely with Shands executives in order to arrive at an arrangement that will benefit patients and their families in the areas of psychiatry and medicine. This leadership includes the offices of the Senior Vice President for Health Affairs, Dean of the College of Medicine and Chair of Psychiatry.

Successful treatment of brain disorders by psychiatry faculty in Shands Hospital inpatient setting is often the last resort for some patients and their families. Also, retaining a significant psychiatry presence in the medical school will encourage the general population to get the treatment they deserve and will help our culture shed the unwarranted stigma of mental illnesses. Stigma is the single greatest reason why mental disorders go untreated. The enhanced standing of

the Department of Psychiatry will contribute to improving our state's national standing in mental health care.

The U.S. Surgeon General estimates that over 20 percent of families are directly affected by a mental illness, with ripple effects negatively impacting the economic sector and quality of life in our entire community. The President's New Freedom Commission on Mental Health finds America's mental health system to be "in shambles," resulting in millions of people with mental illnesses not receiving the care they need. The Commission calls for transforming fragmented public mental health services into a focused system to provide people with the treatment and support necessary to live, work, learn and participate fully in their communities.

By crafting a plan for expansion of Shands Hospital that includes inpatient psychiatry, UF medical school leaders have worked responsibly together toward this goal.

The new March 1, 2006, national report card for each state's treatment of mental illnesses gives Florida a current grade of "F" for infrastructure and "D-plus" for services. Florida's overall national ranking has dropped to 48th in per capita mental health spending.

The plan for UF & Shands psychiatry will make small but important steps in the direction of improving Florida's ranking in treating mental illnesses. Enhancements for the burgeoning Shands at Vista facility must also now be considered as a next step.

Treatment of brain disorders that cause a mental illness must be front and center medical priorities in the state's flagship medical center. The UF leadership decision to maintain and expand Psychiatry's presence in Shands Hospital at University of Florida has now set a precedent for the rest of the state's agencies to follow. UF and Shands leaders are to be commended for their vision and collegiality in arriving at a plan that will benefit the mind of Florida.

WIRED resources!

www.NamiNorthCentralFlorida.org
or
www.NAMIGainesville.org

This series of articles is to help our members and friends become aware of all that is available to us through our NAMI North Central Florida website. Links are provided to many resources of interest, including:

- Categories of Mental Illnesses
- Facts and Figures on the mental Illnesses
- Online Screening Tests for Mental Illnesses
- National Institute of Mental Health
- North Central Florida Resources
- Schizophrenia.com
- Brain Images of Schizophrenia
- Schizophrenia Explained
- "Schizophrenia Digest" magazine
- Depression
- Bipolar Disorder & Depression Alliance
- Depression and Bipolar Resource Website
- "BP", Bipolar magazine
- Anxiety Disorders
- Obsessive Compulsive Disorder
- Classic Lack of Insight in Mental Illness
- Impaired Insight in Mental Illness
- Impaired Insight in Mental Illness
- "I'm Not Sick! I Don't Need Help!", by Xavier Amador (book review/movie)
- Mental Health Association of NE Florida
- American Psychiatric Association
- Stigma: Label of Prejudice
- Anti-Stigma Resources
- Anti-Stigma: Everybody's Business
- Anti-Stigma Project
- Surgeon General's Report on the Stigma of Mental Illness. CME course for mental health providers.
- Neurotransmitter Animation
- Medications 101, 201, 301, 401, and 501
- Baker Act 101
- Baker Act Reform Effective in 2005
- Dual Diagnosis of Mental Illness and Substance Abuse Disorder
- Surgeon General Report on Mental Illnesses
- Homeless and Mental Health
- Homeless Resources
- Children and Adolescents Resources
- Kids Stuff
- "Nothing To Hide" photoessay

Next month we'll list other links provided on our website.



Family to Family Class

The next Family to Family classes with begin Wednesday, August 16. This is a 12-week course for families of individuals with severe brain disorders (mental illnesses).

The course is taught by trained family members. All course materials are furnished at no cost to participants.

The course discusses the clinical treatment of mental illnesses and teaches the knowledge and skills that family members need to cope more effectively.

We are now adding names to the waiting list.

For information call :

Michelle 352-332-9881
Dianne 352-378-1798
Voice Mail 352-339-8640

People with a Mental Illness Enrich our Lives...

This is one of a series of informational bits about people throughout history who have had or whose family members have had a serious mental illness.

Winston Churchill, Prime Minister of Great Britain. who, stood as one of the "Big Three" (Churchill, Roosevelt and Stalin) to lead the world to the defeat of Hitler in WWII told in his own writings of suffering from "black dog" Churchill's term for severe and serious depression. Less often talked about are his writings of how he often self-medicated with alcohol to deal with these times. Like so many other famous people with a mental illness, he was able to make the great contribution he did through sheer personal determination. There was a nation, he said, and a world depending on his efforts to lead Britain and the world in the defeat of their common and formidable enemy of Nazism.



Winston Churchill

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<http://www.naminorthcentralflorida.org>

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★ ★ ★ ★ ★ PARTNERSHIPS FOR RECOVERY

Support, Education, Advocacy, Research

2006 FIRST ANNUAL GAINESVILLE

NAMI WALK

Saturday April 1st 9:00 AM
 Westside Park

Join Us!

To register or make sponsor
 donation
www.NamiGainesville.org