



NAMI

National Alliance on Mental Illnesses

NORTH CENTRAL FLORIDA

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

AUGUST MEETING

Our next NAMI NCF meeting will be Monday, August 8th at 7:15. It will be a PROP support group meeting. PROP is an acronym for People Reaching Out to People. We will meet at Shands at Vista Medical Park off of NW 39th Avenue. The address is 4101 NW 89th Blvd. The receptionist in the lobby will direct you to the correct meeting room.

Dear NAMI family,

Some of you may know that I will be relocating to Knoxville, Tennessee, where I have accepted an Associate Professorship in the College of Nursing. I wanted to say goodbye, I will miss all of you, and keep you in my thoughts. I'm sure I will continue to be active in NAMI wherever I am, but I don't expect to find a more welcoming, knowledgeable, and active group of advocates. Thank you for the privilege of serving as Secretary of NAMI North Central Florida. Please keep in touch!

*Lora Beebe, PhD, ARNP
lorabeebe@att.net*

THANK YOU & BEST WISHES TO LORA BEEBE

Our NAMI Secretary is moving! We want to extend a big thank you to Lora, a long term NAMI NCF member who will be leaving Gainesville and her position at the University of Florida for a new opportunity at the University of Tennessee in Knoxville. Lora has faithfully taken minutes at our meetings, helped keep up with our membership and written many, many thank you notes during the past year. Her husband Dr. Johnnie Gallemore will continue to be with us for a few more months before he leaves Gainesville. Lora, we wish you the best in your new venture.

PRESCRIPTION COSTS ASSISTANCE

The Partnership for Prescription Assistance brings together America's pharmaceutical companies, doctors, other health care providers, patient advocacy organizations and community groups to help qualifying patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. Many will get them free or nearly free. Its mission is to increase awareness of patient assistance programs and boost enrollment of those who are eligible. Through this site, the Partnership for Prescription Assistance offers a

single point of access to more than 275 public and private patient assistance programs, including more than 150 programs offered by pharmaceutical companies. In order to find out what patient assistance programs you may qualify for, all you have to do is answer a few short eligibility questions. To access the Partnership for Prescription Assistance by phone, go to their website at <https://www.pparx.org/Intro.php> You can also call toll-free, 1-888-4PPA-NOW (1-888-477-2669).

Mental Illness Awareness Week October 2-8, 2005

Mental Illness Awareness Week is sponsored by NAMI National, and is implemented by each affiliate on a local level. This year our affiliate will be coordinating two events, both with support from Vista: **Depression Screening Day** (Thursday, October 6) and **“Nothing to Hide: Mental Illness in the Family”**, a **traveling photography exhibit** distributed by Family diversity Projects, Inc. We need volunteers from our membership and friends to be successful with these events.

This will be our third annual Depression Screening Day. There will be easily accessible site(s) in town where the public can fill out a questionnaire that screens for depression, have it scored and speak with a mental health professional (from Vista) on the spot if needed. At each site, our NAMI volunteers will sit at the tables, explain how to fill out the screening survey to interested people, score the surveys, direct the people to the on-site mental health professionals as needed, and put out informational brochures for people to pick up. Interested volunteers will receive detailed instructions on how to carry out the tasks. Only the professionals from Vista will provide counseling. We will need at least two NAMI volunteers for each shift. The sites and times are to be announced.

The “Nothing to Hide: Mental Illness in the Family” photo exhibit is a collection of 20 framed family portraits, each with a family member who has a serious mental illness. Each photo is accompanied by a brief written bio. Vista is fully funding this exhibit that extends past the official Awareness Week to October 28. The photos and bios will be displayed at the downtown library for the first two weeks in October. The following week they will be displayed in the Atrium at Shands. The fourth week is still being arranged.



NAMI volunteers are needed to unpack and set up the photos at each site and transport them between sites during the month. By working with high school organizations, we are hoping to involve high school students in this work. This is a tremendous stigma buster opportunity.

Scheduling details for volunteer opportunities for both projects are in the planning stages. We will need a number of people to make these events a full success. If you think you might be able to help out in any way, or if you want more information, contact Bruce or Joan Stevens (378-0886).

NEW FAMILY TO FAMILY EDUCATIONAL CLASS ON MENTAL ILLNESSES BEGINS



A new Family to Family class will begin on Wednesday, August 31, at the Civitan Regional Blood Center which is located at 1221 NW 13th Street in Gainesville. The time of the class is 6:00 - 8:00 p.m. This is a 12-week course for families of individuals with severe Brain disorders (mental illnesses). The course discussed the clinical treatment of mental illnesses and teaches the knowledge and skills that family members need to cope more effectively. The course is taught by trained family members. This class will be taught by Susan Boulet and Beth Foley. Paula Ambroso and Dianne Skye will assist. The class is intended only for family members of a person with a mental illness.

Registration is required and the class size is limited. All course materials are furnished at no cost to participants. To register for the class or for additional information you may call Michelle at 352-332-9881; Dianne at 352-378-1798; Dorothy at 352-378-9440 or Voice Mail 352-339-8640.

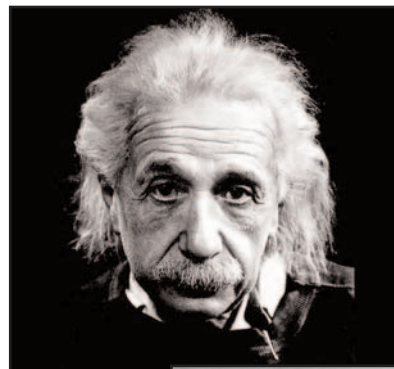
Check out NAMI North Central Florida's Web Site - <http://www.naminorthcentralflorida.org/>

People with a Mental Illness Enrich our Lives...

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

Famous physicist Albert Einstein had two sons, one of which was diagnosed with schizophrenia. Eduard Einstein was an excellent student, and was particularly noted for his high intellectual and musical gifts. In 1929 Eduard began studying medicine and wanted to become a psychiatrist, then at the age of 20 he developed schizophrenia while in school in Zurich. In 1932 Eduard was placed for the first time in the "Burghoelzli", a Swiss psychiatric hospital. Eduard was hospitalized more than once, creating a significant financial burden on the family. After garnering the Nobel Prize, Albert Einstein gave all the money from the prize to his wife, Mileva, who used most of it to fund Eduard's hospitalizations. Beginning in 1948, after the death of his mother, Eduard lived continuously in the hospital, where he died 1965.

Adapted from www.einstein-website.de



Albert Einstein



Eduard, Mileva, and Hans Einstein, 1914

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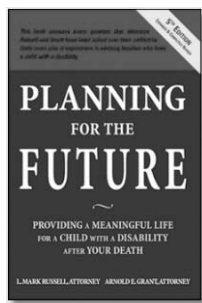
BOOK OF INTEREST...

The single most important concern in the mind of any parent who has a son or daughter with mental illness is what will happen to his or her child after the parent has died. At our June meeting this concern was made clear by the 30 people who were present to hear local attorney, Kevin Daly, speak about long term care of disable children.

There is a completely revised and rewritten fifth edition of *Planning For The Future*, which discusses in an easy to understand way all the steps that parents should take to assure a secure life for their son or daughter.

Critical issues discussed in the book include:

- What residential options are available for your son or daughter? What educational, employment, and social programs are available?
- Who will look after your son's or daughter's interests after you are gone? How can you communicate vital information about your son or daughter to future caregivers?
- What types of government benefits are potentially available? How do you assure eligibility and maximize benefits? How can you leave assets for your son or daughter without imperiling eligibility for government benefits?



- How can you protect yourself and your child against dissipation of your estate in the event that you require nursing home care?
- How much must you leave for your son or daughter to protect his or her future? How do you reduce the cost of administering your estate?
- What can you do about estate tax? What income tax benefits are available to families that have a son or daughter with mental illness?

Attorney/author L. Mark Russell has a brother with mental illness and has concentrated his law practice for more than fifteen years on estate planning for families who have a child with a disability.

Attorney/author Arnold E. Grant is a partner in a major national law firm and is a former adjunct professor of law at Chicago-Kent College of Law.

The book is over 650 pages long and answers every question the authors have been asked over their collective thirty-plus years of experience in advising families who have a son or daughter with a disability. This newly revised and greatly expanded reference guide belongs on the shelves of everyone who cares about the future well-being of a person with mental illness.

It cost \$89.95 and is available from Atlas Books at <http://www.atlasbooks.com> or by calling 1(800)247-6553.