



nami

National Alliance on Mental Illness

NORTH CENTRAL FLORIDA

December 2005 • Vol.4, No. 12 Serving Alachua, Bradford, Columbia, Dixie, Gilchrist, Levy & Union Counties

ANNUAL DECEMBER HOLIDAY MEETING

*You are invited to the annual holiday meeting
of NAMI North Central Florida*

Monday, December 12

7:00 p.m.

United Church of Gainesville

1624 NW 5th Ave.



The busy holiday season is here! You are invited to take some time off to gather with other NAMI families and friends to share good food and good company at the annual NAMI holiday party. We are there for each other in so many ways throughout the year and it is nice to be together during this holiday season too. NAMI's annual dessert and appetizer pot luck party will be in place of our regular monthly meeting on the second Monday of the month, December 12 at 7:00. This year the holiday festivities will take place at the United Church of Gainesville. Families and friends are welcome at this gathering. In the pot luck tradition, we ask party goers to bring a finger food dessert or appetizer (not dinner) to share. Drinks and paper products will be provided by board members so we are also taking donations to defray those costs. Look for the donation jar at the party. We are also asking everyone who can to bring specific items to include in NAMI's donation to Home Van, organized to assist people who are homeless in Gainesville, many of whom have a mental illness.

PROJECT FOR HOMELESS MENTALLY ILL



There are approximately 1000 homeless people in our catchment area. Of these, one third are mentally ill. Let's help those who are less fortunate than us by donating some of the items listed to the right. At our NAMI meeting each month we will have a box to collect these items.

Let's also make this a time to help those who don't have the advantages we do.

PROVIDE ITEMS FOR CARE BAGS

- white tube socks
- sample size soaps
- sample shampoo & conditioner
- toothpaste & toothbrushes
- underware (boxers or briefs)
- deodorant
- combs
- insect repellent
- playing cards
- chocolate bars

PROVIDE WINTER ITEMS

- (These items do not need to be new, but do need to be clean.)
- blankets
 - jackets
 - sweatshirts
 - sweaters

United Church of Gainesville is located **on the corner of NW 17th Street and NW 5th Avenue**. The church is near UF. From NW 13th Street, go west on NW 5th Ave. From University Ave. go north on NW 17 St. Park in the church parking lot on 5th Avenue, just east of the buildings. Our festivities will be in the Fellowship Hall, located off the courtyard. Call Joan or Bruce (378-0886) if you need more specific directions. We look forward to seeing you on December 12.



Map to Holiday Meeting Location
Please park in East Parking Lot

NAMI North Central Florida Affiliate - Annual Report

November 2004 – October 2005

The following activities reflect efforts made by many family members within our group during the past year.

A c t i v i t i e s a n d P r o g r a m s

- Sponsored Family Members Support Meetings (P.R.O.P.—People Reaching Out to Other People)
- Held two Family-to-Family Educational courses for the public
- Developed “Steps to Follow in Handling a Crisis”
- Published a monthly newsletter mailed to members and other interested persons
- Held informational meetings on the following topics:
 - Wills and Trusts Seminar for Family Members
 - The F.A.C.T. program (Florida Assertive Community Treatment Program, run by Psychotherapeutic Services, Inc.),
 - Magistrate Judge presents Baker Act 101
 - Overview of the Crisis Intervention Training program in Alachua County
 - Judge Martha Lott speaks on mental illnesses and court related issues
- Sponsored a tour of Mental Illness Pod at County Jail
- Helped begin a C.A.R.E. (Consumers Advocating Recovery through Empowerment) consumer led support group established for the UF student population
- Developed a website (www.naminorthcentralflorida.org) that serves as a portal for local resources for family members and consumers, as well as informing our members of our NAMI meetings and community events.
- Maintained a phone support line for community citizens
- Sponsored a Forum on Northeast Florida State Hospital (NEFSH) presented to County and City public officials
- Participated in Mental Illness Awareness Month; Supported Depression Screening collaboration with Shands at Vista
- Help develop and participate in training of law enforcement in local (Crisis Intervention Team) CIT Training Course
- Sponsored an Anti-Stigma Campaign/Elimination of Barriers (EBI) talk presented to Kiwanis; with DCF District 3.
- Held a NAMI seminar at Northeast Florida Regional Treatment Center
- Gave testimony at “Governor’s Working Group on the Americans with Disabilities Act Real Choice Partnership Project Consumer Task Force.”
- Attended DCF meeting: “The Employment Path to Recovery”
- Helped with a University of Florida Research Projects relating to mental illnesses (“Visual Studies in Family Members of Persons with Schizophrenia”; “Early Detection of Schizophrenia through Movement Disorders”)
- Lobbied for Medicaid access to mental illness meds on state’s Preferred Drug List
- Gave public testimony at state government’s Pharmaceutical and Therapeutics Subcommittee in Tallahassee regarding consumers’ access to mental illness meds
- Co-sponsored “Nothing to Hide: Mental Illness in the Family” photo essay show about mental illness; public display at main Library and Shands Hospital Atrium; exhibit and reception funded by Vista at Shands Atrium
- Sponsored “Faces and Places of Psychiatry in Gainesville” photo essay on local psychiatric care resources, by UF medical student Denise Caicedo, M.D.
- Notified public of NAMI meetings and classes in local newspapers
- Wrote Gainesville Sun “Speaking Out” feature editorials on mental illnesses
- Maintained communication with office of Florida Senator Rod Smith, an advocate of the mission of NAMI
- Participated in Psychiatry Grand Rounds, medical student functions, and psychiatry residents’ luncheons
- Maintained continual interactions with the area’s mental health services
- Interfaced with NAMI with local Meridian Behavioral Healthcare, Inc.
- Interfaced with local F.A.C.T. program (Psychotherapeutic Services)
- Interfaced with local Shands at Vista Psychiatric Hospital
- Interface with Northeast Florida State Hospital (NEFSH, civil hospital)
- Interface with Northeast Florida Regions Treatment Center (NEFTC, forensic hospital)
- Interface with Department of Children and Families (DCF) Florida District 3
- Established Don Walsh Memorial Fund

Respectively submitted,
Bruce & Joan Stevens
NAMI NCF Co-Presidents

WHAT “RECOVERY” MEANS

NAMI understands “recovery” as a process – an individually defined journey – that occurs when a person with a mental illness discovers (or rediscovers) strengths and abilities for pursuing personal goals and develops a sense of identity that allows growth beyond the mental illness, regardless of age or diagnosis.

While NAMI views recovery as an achievable outcome, we recognize that for many families and consumers it is still painfully elusive. We are equally dedicated to supporting and empowering those for whom recovery may not seem realistic at this time. NAMI’s aim and expectation is that participation in NAMI and our programs, events, and initiatives will contribute to the recovery process.

Visit our NAMI NCF web site for a lot of information!!!

What to Do in a Crisis; Meeting Schedules; Photo Essay on Mental Health Community; Newsletters; Annual Report; Links to Resources Links to Resources and much more....

<http://www.naminorthcentralflorida.org>

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.

Over the years, Americans have become familiar with Jane Pauley’s friendly face. The ebullient newswoman spent more than a decade on the “Today” show and co hosted “Dateline NBC” for 11 seasons. In 2004 she returned to television in *The Jane Pauley Show*, a syndicated talk show. But until recently, few viewers knew that behind her cheerful public persona, Pauley was struggling privately with bipolar disorder. In her autobiography, “Skywriting: A Life out of the Blue,” Pauley revealed that she was diagnosed in her late 40s with the mood disorder, which emerged after she was treated with steroids (for a bad case of hives) and antidepressants. When she went out impulsively and bought a house, then reported suicidal thoughts to her doctor, the diagnosis of bipolar disorder was made and Pauley was admitted for a three week stay in a New York psychiatric hospital.



Jane Pauley

Through treatment with lithium and an antidepressant, Pauley is now able to keep her mood swings under control. And she is speaking out on behalf of millions of others who suffer from mental disorders—often secretly. Since the release of the hardcover version of her memoir last fall, Pauley has offered her services to major mental-health organizations and used her new daytime TV talk show to delve deeper into mental-health issues.

Note: *Drug treatments do not cause bipolar disorder, but they can make the symptoms much worse. And this may be the first time people with the disorder find out they have the mental illness. Mid-life is later than many people are diagnosed, but the average time from a first episode of bipolar disorder to a correct diagnosis averages eight to 10 years. So most people are not diagnosed, or are diagnosed with unipolar depression.*

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<http://www.naminorthcentralflorida.org>

C.A.R.E. SUPPORT GROUP

Consumers Advocating Recovery through Empowerment

Do you have a mental illness? Looking for others who understand what you're going through? The NAMI-C.A.R.E. is a peer-based, mutual support group program for individuals facing the challenges of recovering from any serious mental illness. It is lead by consumers, for consumers and employs guidelines and principles of support designed to empower its members. This group is not illness-specific, and welcomes persons with all psychiatric diagnoses. It is a support group model that focuses on allowing all participants share their experiences and learn from each other in a safe and confidential environment.

The meetings will be held on the 1st and 3rd Mondays of every month beginning November 7 at 7:30 p.m. They will be held at Vista Pavilion at Shands which is located in the Health Park on NW 39th Ave. between Santa Fe Community College and I-75.

Stephaine Osborne will be the NAMI certified leader of the group. For more information call 352-284-4483 or visit www.naminorthcentralflorida.org.

Executive Board Members

Co-PresidentsJoan & Bruce Stevens
 Vice PresidentSusan Cary
 SecretaryPaula Ambroso
 TreasurerPat Warnock

NAMI North Central Florida Membership Application

Name _____

Mailing Address _____

Telephone Number _____

Email Address _____

Mail to Pat Warnock, 5424 SW 91st Terrace, Gainesville, FL 32608. Checks should be made payable to NAMI North Central Florida.

Membership (Voting)
 _____ Individual or Family (\$35)

Membership (Non-Voting)
 _____ Organizations (\$50 or more)