



nami

National Alliance on Mental Illness

NORTH CENTRAL FLORIDA

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JANUARY MEETING

Our first meeting of 2006 will begin on Monday, January 9th at 7:15. Our speaker will be **Sue Homant, Executive Director of NAMI Florida**. Located in Tallahassee, NAMI Florida is the state chapter of the National Alliance on Mental Illness. NAMI Florida, Inc. includes four divisions which reflect NAMI's mission: Education & Training, Information & Referral Services, Consumer Outreach, and Advocacy & Public Awareness.

We will meet at Shands at Vista Medical Park off of NW 39th Avenue. The address is 4101 NW 89th Blvd. The receptionist will direct you to the correct meeting room.



HOLIDAY MEETING

A great time was had by all at the December Holiday Meeting. We enjoyed good food, great company, and lovely music led by Bill Donnelly and Lisa Cue.

The newly elected NAMI North Central Florida Board is listed on the back of this newsletter



PROJECT FOR HOMELESS MENTALLY ILL

We had an outstanding response of donations for the Homeless Van and the Alachua County Coalition for the Homeless and Hungry, Inc. We will continue to collect items for them through out the year. Thank you!

5 Tents (Purchase from the Don Walsh Memorial Fund)

Personal Hygiene Products:

- 42 Soaps
- 71 Shampoo/Conditioner
- 17 Toothbrushes
- 11 Toothpastes
- 41 Combs
- 26 Lotions/Oils

Clothing:

- 28 pairs of socks
- 14 Sweaters
- 4 Jackets
- 11 pair of underwear
- 7 hats
- 7 pair of gloves
- 1 backpack

Other Items:

- Hand Sanitizer
- Mouth Wash
- Deodorants
- Razors
- Shaving Lotion
- Shower Caps
- Sun Screen
- Sewing Kits
- Band-Aids

- Hair Bands
- Feminine Products
- Playing Cards
- Sack of Candy
- Box of canned foods/nuts

Several sacks of other clothing and shoes donated to the Salvation Army

CONSUMERS' WANTS AND NEEDS DURING A PSYCHIATRIC EMERGENCY

Following are the top recommendations for improving emergency psychiatric care generated by consumer workshops

- Alternatives to traditional emergency services that include peer support personnel. Such alternatives include hot and warm lines, mobile crisis intervention teams, and respite and admission diversion residential services.
- Increased use of advance directives and other crisis prevention and resolution plans.
- More hopeful first contact: more humanistic, decriminalized, and anxiety-reducing initial community contact by police, crisis response, and emergency services personnel, who do not rush to restrain, presuming the threat of violence, and who convey hope and encouragement for recovery.
- Comfortable physical environment: more physically comfortable waiting areas, preferably separate from the general ER, which provide privacy and opportunities to address basic human needs (i.e., food and drink, unlocked toilet facilities, reading material, a comfortable place to sit or lie down to rest).
- Interpersonal emotional support: emotionally comforting and rapid intake process implemented by skilled, sensitive, and empathic personnel, who communicate frequently and effectively with recipients about their needs and the status of the process and who allow individuals to verbally express anger and frustration without fear of reprisal.
- Availability of peer advocate support or support from other known and trusted persons (e.g., family member, friend, advance directive agent) throughout all aspects of the emergency services process.
- Respected person orientation: a non stigmatizing, person-oriented approach in which people are not treated as diagnostic labels or symptom clusters: responsive listening and respectful attention to persons in crisis, who should be treated as credible reporters about their history, preferences, and needs.
- Improved staff training: expansion of training opportunities to increase the understanding and improve the attitudes and skills of all individuals (police, crisis workers, hospital administrators and staff) who are involved in serving and supporting individuals experiencing a psychiatric crisis.
- Patient-practitioner partnerships: patient involvement in informed consent decision-making, sharing of information about medications and other treatment options, and protection of patient choice and rights throughout all aspects of the assessment, treatment planning, treatment, and discharge process. Consumers stressed the importance of staff using the least intrusive interventions possible and being asked about medications that have helped them in the past and about medications they prefer.
- Survival supports during transitions: ensuring that post-discharge needs (e.g., medications, safe housing, preparation and support of family and other support persons, links to outpatient services and peer support) are in place before discharge.
- Post-discharge contacts: follow-up phone calls and visits by mental health staff and/or peer support specialists to assist and support individuals in obtaining post-discharge services.

Monsters In My Mind

Rick and Patty Wilson



The uncertainty of life can become a fear filled place where uncontrollable urges rule every waking moment of everyday. Sometimes everything we have been and done comes crashing down around us. Lives have been changed forever and new ways to cope with a foreign world must be found. The energy that is needed to create a new life and a new way of thinking is exhausting beyond words.

This process has many aspects to it. One of the ways to reach this new life is to help others who are also traveling along the same path. Rick and Patty Wilson have accomplished this in writing, "Monsters In My Mind". They have taken their pain and woven it into a gift of love that will bring peace, comfort, and understanding to those who suffer from Bipolar Disorder as well as their families.

In all of my many years as a counselor I have never experienced a couple that were so eloquent as they shared their journey with me. Their unfolding story of fear and courage profoundly touched my heart. For me to bare witness to their story has been an honor that has deepened my understanding of the nature of human suffering and healing.

Throughout the book both Rick and Patty use the term, "new normal." I used this term often with them as they worked to rebuild their lives. I must give credit for this term to my partner-in-life, Dee Bruney, a trained pastoral counselor who first came up with the concept as she worked with terminally ill children. "New normal" names the change and struggle that we embrace each and everyday of our lives. It is a term that captures the spirit of hitting bottom, the death of our previous life. It is also a term that captures the notion of recovery, the birth of a new life, emerging out of the ashes, dirty, messy, yet filled with the light of wisdom and hope.

Rick and Patty Wilson have revealed themselves totally and honestly in the sharing of their agonizing experience. I hope you will allow their words to touch you and help you and your family find solace in knowing that you are not alone.

Review by Dee Bruney MA and Jack L. Stoneburner MSW,LISW

People with a Mental Illness Enrich our Lives...

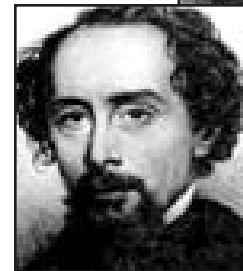
This is one of a series of informational bits about people throughout history who have had or whose family members have had a serious mental illness.

Charles Dickens (1812-1870) was born in Portsea, England. He was a cherished English novelist of the Victorian era and generally regarded as the greatest English novelist. The popularity of his novels and short stories during his lifetime and to the present is demonstrated by the fact that none of his novels has ever gone out of print.

Dickens suffered from severe manic depression (Bipolar Disorder), as documented in *The Key to Genius: Manic Depression and the Creative Life* by D. Jablow Hershman and Julian Lieb, and *Charles Dickens: His Tragedy and Triumph* by Edgar Johnson. It's stated that Dickens began his novels in great states of depression that lifted as the books progressed and that he then became manic upon finishing his books.



Charles Dickens



Charles Dickens dramatic readings from his books were sensations on both sides of the Atlantic. He was a born showman who slipped seamlessly into one character and accent after another before sold-out houses. Onstage, he fed off the applause; offstage, he wallowed in depression and loneliness.

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<http://www.naminorthcentralflorida.org>

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**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)