



# **NAMI**

## National Alliance on Mental Illness

### NORTH CENTRAL FLORIDA

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

## **Co-President's Corner ...**

*Last month we, along with local staff from Meridian and the Department of Children and Families, attended a seminar on Clubhouses at Vincent House in Pinellas Park. Vincent House is the only clubhouse in Florida that is presently certified by International Center for Clubhouse Development (ICCD).*

*Our initial interest mushroomed as we toured the facility and heard testimonies from members and staff from Vincent House and other Florida clubhouses, not yet certified.*

*Our plan is to play a part in developing a clubhouse in Gainesville and we are becoming educated about what is involved. We are participating in early discussions with local mental health leaders about bringing some speakers and advisors here to help educate the larger community about clubhouses and related mental illness topics.*

*Let us know if you would be interested in helping with some part of this collaborative effort. Eventually there should be tasks requiring various levels of commitment and time, something for everyone who is interested.*

*The second page of our newsletter has more information about the International Center for Clubhouse Development.*

*Joan and Bruce Stevens*

## **JUNE MEETING ...**

Our Monday, June 12th meeting will be a PROP meeting. "People Reaching Out to People" - our family support group. 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. You might want to bring a small item for our Home Van basket.

## **JULY MEETING ...**

Put Saturday, July 15th on your calendars now! Our July meeting will be a special time for NAMI families and friends to come together for a social event. We will gather at the Forest of the Unicorn Club House in Gainesville for a covered dish dinner at 4:30.



Look for additional information about this social event in the July newsletter.

## **Writing Workshop ...**

There are still a few spaces in the NAMI NCF writing workshop which begins Tuesday June 14 from 6:00 to 8:00. The class will skip July 4 and end on July 25th. Participants will need to bring their own writing supplies - notebook, paper, pens, pencils, or laptop.

Sharon Hildebrand of University of Florida will be facilitating this process writing workshop.

For more information call or to sign up for the workshop call Joan Stevens 378-0886 or go to [www.NAMIGainesville.org](http://www.NAMIGainesville.org) and scroll to the bottom, click on the "email" icon. In the subject of your email put "writing workshop".

# The International Clubhouse Community

In New York City in 1948, a small group of people who had been recently discharged from a state psychiatric hospital joined together to create a group known as “We Are Not Alone”, or WANA. WANA was a self-help organization that later evolved into a highly successful and innovative community based program for assisting people with mental illness re-claim their lost lives and aspirations. In the early 1950’s WANA with the help of a few dedicated volunteers purchased a building and re-named their organization “Fountain House”.

Fountain House is still vibrant and growing today, and is widely recognized as a beacon of light, leading the way to recreating mental health systems throughout the world. The Fountain House program has become the template for the “Clubhouse Model” of psychiatric rehabilitation, now flourishing around the globe.

Today there are more than three hundred clubhouse programs operating in 24 counties around the world. A clubhouse is comprehensive center of support and encouragement for its members (people with mental illness). Over the years Fountain House along with all of the clubhouses modeled after it, have continuously demonstrated that people with mental illness can successfully live and work in the community. Key to this success is an environment of support, acceptance, and commitment to the potential contribution and success of each individual regardless of the severity of his or her illness.

Clubhouses are places to which people can “belong” as contributing adults, rather than as full-time “patients” who are there only to be “treated”. The clubhouse is a place in which members and staff works side by side in all aspects of the days work.

## What is a Clubhouse?

A Clubhouse is a place where people who have had mental illness come to rebuild their lives. The participants are called members, not patients and the focus is on their strengths not their illness. Work in the Clubhouse, whether it is clerical, data input, meal preparation or reaching out to their fellow members, provides the core healing process. Every opportunity provided is the result of the efforts of the members and small staff, who work side by side, in a unique partnership. One of the most important steps members take toward greater independence is transitional employment, where they work in the community at real jobs. Members also receive help in securing housing, advancing their education obtaining good psychiatric and medical care and maintaining government benefits. Membership is for life so members have all the time they need to secure their new life in the community.

Clubhouse also offer an array of specific services from which members can choose as their needs and life goals indicate. Members can take advantage of daytime programming, vocational rehabilitation, employment opportunities, housing support services, case management, social and recreational programs, supported education, advocacy and crisis response services.

In March 1994, the International Center for Clubhouse Development (ICCD) was created to serve and represent the rapidly growing and dynamic clubhouse community. The vision of the ICCD is that men and women with mental illness throughout the world will have access to the respect and dignity offered by clubhouses, and to the full range of clubhouse opportunities, as they rebuild their lives.

The mission of the ICCD is to promote and protect the rights, opportunities and future of psychiatrically disabled men and women who are members of clubhouses all over the world. Today, as mental health services delivery systems around the world are facing new crises, the ICCD is here to insist on a future with respect and opportunity for those who have been denied them for too long.

*For more information see the ICCD website (<http://www.iccd.org/default.aspx>).*

## **WIRED resources!**

[www.NamiNorthCentralFlorida.org](http://www.NamiNorthCentralFlorida.org)  
or  
[www.NAMIGainesville.org](http://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:*

### *FIND THE LATEST RESEARCH*

- *Research Watch in Journals about Mental Illnesses*
- *NIMH; National Institute of Mental Health*
- *MedlinePlus Search the National Library of Medicine*
- *PubMed Search*
- *Schizophrenia Research Forum*

## **NAMI MEMBERSHIP**

Membership fees are \$35 and are due during the first quarter of the year; however, you can join anytime! Checks should be made payable to NAMI North Central Florida. Mail your name, address, phone number, and email address to our treasurer:

Pat Warnock  
5424 SW 91st Terrace  
Gainesville, FL 32608

## **Sign Up for Next Family to Family Class**

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

The course discusses 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. All course materials are furnished at no cost to participants. It will be held at the Civitan Regional Blood Center at 1221 NW 13th Street in Gainesville, Florida.

We are now adding names to the waiting list. For information call :

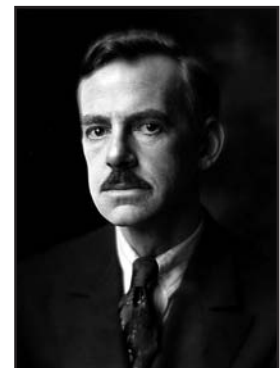
Michelle 352-332-9881  
Dianne 352-378-1798  
Voice Mail 352-339-8640

## *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.*

Eugene O'Neill is perhaps the most well-known American playwright despite persistent mental illness. He was awarded Pulitzer Prizes in 1920, 1922, 1928 and 1957 and a Nobel Prize for literature in 1936 and was the author of "Long Day's Journey into Night," "The Iceman Cometh" and "Ah, Wilderness!" O'Neill came from a deeply troubled family background, suffering from clinical depression the greater portion of his life. He is the only American playwright to have won the Nobel Prize for literature.

Many biographers believe that depression also affected O'Neill's mother, father, brother and two sons. Two of O'Neill's sons, Eugene Jr. and Shane, also suffered mental illnesses and committed suicide.



*Eugene O'Neill*

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 an affiliate of  
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*<http://www.naminorthcentralflorida.org>*

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Steff Osborne & Conroad Burkholder



**NAMI -C.A.R.E.**

*NAMI-CARE is excited to welcome Conrad Burkholder, who is assisting with CARE leadership duties. He is intelligent, patient, and compassionate, and fulfills his role with grace.*

*Between meetings, CARE members keep in contact via email and telephone. We have a good support network going among our regular members, and it's reassuring to know that a friend is never more than a phone call away.*

*CARE meets the first and third Mondays of each month at Vista from 7:30-9:00pm. Anyone with a mental illness is welcome, regardless of diagnosis or severity.*

*Steff Osborne, CARE Leader*