



National Alliance on Mental Illness

NORTH CENTRAL FLORIDA

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

"Presidents Corner"

...Joan & Bruce Stevens

Second Annual NAMI Walk In Gainesville

The Second Annual NAMI Walk in Gainesville will be Saturday, March 31, 2007 in Westside Park, Gainesville. We are in need volunteers to help with pre-event details of the Walk and to help on the day of the walk. The purpose of this event is about (1) visibility of our local NAMI advocacy efforts to improve mental health care, (2) a summit of solidarity with local providers who will walk with us, and (3) to assert a "nothing to hide" philosophy. Its about time mental illnesses get the same public engagement as all the other major diseases. This year our walk is not primarily about fundraising like some other charity walks are. Money is secondary, although it important that we raise funds to help our own outreach and inreach goals in Alachua County. We need volunteers now to help make contacts with potential local corporate sponsros including food donors, and to help distribute walk posters around town. It is important that NAMI members like you participate in public along side providers from Meridian, Vista, FACT, DCF, CIT and other community care providers. These providers have already committed themselves to participating. To volunteer, email: walkhelp@namigainesville.org.

More details on the walk will be in the March Newsletter and at our website in March.

FEBRUARY MEETING



Our February 12th meeting will be an education meeting on caring for ourselves, as many of you have requested. Our speaker will be John Hiester, who is a senior instructor

and seminar leader at the Amrit Yoga Institute in Salt Springs, Florida. He co-leads professional trainings in Hatha Yoga and Yoga Nidra, as well as other yoga and stress-reduction based programs. As a student and practitioner of yoga and meditation with Yogi Amrit Desai for 30 years, his experience has given him a solid foundation for the planning and implementation of various community seminars and skill set workshops in yoga, stress reduction and Integrative Relaxation, both in Florida and nationally.

We will meet at 7:00 p.m. at Trinity United Methodist Church, 4000 NW 53rd Avenue. 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 - C.A.R.E.

NAMI C.A.R.E. (Consumers Advocating Recovery through Empowerment) is a Support Group just for persons/consumers with a mental illness. CARE meets the first and third Mondays of each month at Vista from 7:30-9:00 P.M. Anyone with a mental illness is welcome, regardless of diagnosis or severity.

IT'S ELEMENTARY, ILLNESS RAN IN SIR ARTHUR CONAN DOYLE'S FAMILY

It is a piece of detective work worthy of Sherlock Holmes. Sir Arthur Conan Doyle, creator of the world's most famous fictional sleuth, suffered from a form of schizophrenia, according to new research.

Dr Andrew Norman, a GP turned writer, said that the Edinburgh-born author inherited the condition from his father, who died in a Scottish asylum.

According to his new book, Conan Doyle displayed classic psychotic symptoms in later life that manifested themselves in his writing and in his belief in fairies and voices calling from "another world".

Norman analysed medical notes from the Royal Asylum of Montrose and Crichton Royal hospital, Dumfries, where Conan Doyle's father Charles spent almost a decade.

Although Charles was diagnosed as an epileptic and an alcoholic, Norman discovered that he was suffering from symptoms consistent with a form of schizophrenia.

According to the medical notes, he tried to

escape from the asylum after receiving "a message from God that he must go". Doctors also noted that he heard voices and suffered from "fits of listlessness and excitement", which can be symptoms of schizophrenia or bipolar disorder.



Based on supporting evidence from Conan Doyle's own writings, Norman claims in his book *Arthur Conan Doyle, Beyond Sherlock Holmes*, that the writer displayed psychotic symptoms inherited from his father.

Conan Doyle's obsession with the spirit world was most evident in the 1920s when he entered his sixties. When one famous medium admitted that she could not contact the dead, he wrote: "Nothing that she could say in that regard would in the least change my opinion . . . that there is an occult influence connecting us with an invisible world."

Norman said: "I was drawn to the later part of Conan Doyle's life because I wanted to look at why he got so involved in spiritualism and the occult. I was very puzzled by the fact that such a rational and scientific man could develop such a strong belief in fairies.

"In the medical profession when we see something bizarre happening we often look at the possibility that there is a family trait. It seems that Conan Doyle may have been suffering from a mental condition."

by Karin Goodwin,
Published in the *New York Times*

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.

Virginia Woolf, one of the most talented and original novelists in English literature who wrote *To the Lighthouse*; *Orlando: A Biography*; and *Mrs. Dalloway*. Woolf was not only a prolific author, she also wrote letters and personal diaries throughout her life.

Born in 1882, Woolf had a history of mental illness on both sides of her family. She experienced severe mood swings, characterized by feverish periods of writing and weeks immersed in gloom. She suffered through bouts of depression throughout her life, including a number of acute breakdowns. Many people (including her husband, writer Leonard Woolf) believe that Virginia Woolf suffered from manic

depression, also called bipolar disorder. Unfortunately, little treatment was available to her at the time, and snesing the onset of another b r e a k d o w n , Woolf drowned herself in 1941, at the age of 59. Her story is discussed in *The Dynamics of Creation* by Anthony Storr.



Virginia Woolf



NAMI Gainesville
2007 Second Annual Statewide

NAMI WALKS

★ ★ ★ ★ ★ FOR THE MIND OF AMERICA

Saturday, March 31, 2007, 9:00 AM

Westside Park, Gainesville FL

We need YOU to raise awareness of mental illnesses and support programs.
Walk or hold down the fort in lawn chairs! Gather a team of your friends,
family, and colleagues and JOIN US.

Everything you need is ONLINE to register to walk or make a sponsor donation

www.NamiGainesville.org

- R Raise public awareness about brain-based mental illnesses, and how we can help people and their families living with these disorders get the services and treatment that they need for recovery!
- R End stigma! Promote healthy minds & healthy families!
- R Support NAMI National in our community!
- R Provide for growth of established children's programs, and implementation of early intervention programs for children and adolescents.
- R Educate and unify communities to foster understanding of all mental illnesses.
- R Create a motivational tool for schools, banks, hospitals, neighborhoods, associations, organizations, and businesses to work together for an outstanding and deserving mission.
- R Thousands of our precious friends and family will benefit from renewed hope, dignity, honor, and recovery!

YOU! Can play an integral part to help increase education and support programs for families, parents, children, adolescents, law enforcement, healthcare professionals, teachers, and others like you and me.

YES! I want to be involved with the NAMIWALK! Go online or use this form.

Name _____ Organization _____

Address _____ City _____ State _____ Zip _____

Phone _____ / _____ Email _____

- I don't know what I want to do, but I want to help! Keep sending me information
- I am interested in being a Team Leader I am interested in helping with fundraising
- I can build a business or workplace team I can help identify and contact potential sponsors/sponsor
- I am interested in the Walk Planning committee I can help with logistics the "day of" Committee the Walk
- I can help secure food and drink donations I can help with this donation: \$ _____

Register to walk, and make a sponsor donation online at **www.NamiGainesville.org**

Or Email us: walk@naminorthcentralfloida.org

Or Return this form to NAMI North Central Florida, P.O. Box 90114, Gainesville, FL 32607.

Or Telephone (voicemail): (352)-374-5600 ext. 8322



NAMI North Central Florida
 an affiliate of
 NAMI and NAMI Florida
 P.O. Box 90114
 Gainesville, FL 32607
 352-374-5600 or 800- 330-5615
 Extension 8322



<http://www.naminorthcentralflorida.org>

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NAMI NORTH CENTRAL FLORIDA
 MEMBERSHIP APPLICATION

*Membership payments are due during
 the first quarter of the year.*

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)