



# NAMI

## National Alliance on Mental Illness

### NORTH CENTRAL FLORIDA

March 2007 • Vol. 5, No. 3 Serving Alachua, Bradford, Columbia, Dixie, Gilchrist, Levy & Union Counties

## "Presidents Corner"

...Joan & Bruce Stevens

### Quality of Life in the Post-CSU/Hospital Discharge Era

After a family member is discharged from the Crisis Stabilization Unit (CSU) at Vista or Meridian or NEFSH, we families anguish with the issue of what lies ahead. How do we re-invent our own lives in the face of an uncertain future? Exactly what is our relationship to our loved one in the post-hospital era ahead? The late Fred Rogers could be the patron saint of us families that have a loved one served by a CSU. Better known as Mr. Rogers in his TV show, this man unabashedly looked straight into the camera with his calm twinkling eyes, and stated every day with absolute certainty, "I like you just the way you are." All NAMI families share the common denominator of crisis meltdowns plus periods of tenuous calm plus the uncertainty of what lies ahead. The philosopher Joseph Campbell once wisely observed that when people seek the meaning of life, we are really seeking the experience of being alive. It has also been said that peace does not mean to be in a place where there is no trouble or hard work; peace means to be in the midst of these things and still be calm in your heart. If Mr. Rogers had a family member discharged from Vista or Meridian, he would likely re-invent his future life in order to experience true peace and to feel really alive. He would begin the process by looking straight into their eyes and say, "I love you just the way you are."

## YOUR HELP NEEDED!

Members from NAMI North Central Florida will be helping the WUFT membership department answer phones on March 21, 2007 from 7:30 p.m. – 11:30 p.m. (It may only go to 10 p.m.) We need 6 – 8 volunteers. Please call Pam Shamel at (954) 812-7927 or email <pshamel@wuft.org> or call Joan or Bruce Stevens if you can help. All the pizza, popcorn and Pepsi is provided while you watch WUFT and answer calls/take pledges from members. It's very casual and lots of fun!

## MARCH MEETING



Our Family Support Group (PROP) will be Monday, March 12th. 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.

## GAINESVILLE OPPORTUNITY CENTER CLUBHOUSE

Gainesville is now home to the new Gainesville Opportunity Center ("GOC"), and has just hired its new Executive Director, Michael Demers. Mike will relocate from his current position in Rhode Island, to help us establish and run GOC. Bev White from our DCF District 3 garnered the sustained state funding for GOC. The GOC is a "clubhouse" model of mental illness recovery. A Clubhouse is a place where people who have a mental illness come to rebuild their lives. The clubhouse model is a well tested evidence-based recovery model featuring employment transition, that has been internationally proven to be highly effective. 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. We will feature more on GOC in future newsletters. The GOC website is: [www.goclubhouse.org](http://www.goclubhouse.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.*

This month, rather than featuring one person affected by a mental illness, we'd like to recommend you read the February 26th issue of NEWSWEEK Magazine. The feature article is "Men and Depression". For millions suffering in the shadows, science is discovering new ways to diagnose and treat a debilitating disease. Several prominent people are featured. This issue also includes an article on coping with the legacy of depressed parents.

## **NEW FAMILY TO FAMILY CLASS BEGINNING**

Family to Family is a series of 12 weekly classes structured to help family members understand and support their ill relative while maintaining their own well being. *There is no cost to participate in this NAMI Family-to-Family Education Program.*

A Family to Family Class series begins on Tuesday, April 17, and will meet each Tuesday June 26. All classes will be held at the LifeSouth Blood Center on 13th Street from 6pm to 8pm. The facilitators will be Paula Ambroso and Susan Boulet, trained volunteer family members who know what it's like to have a loved one with a serious mental illness in the family

Registration is limited.. Please call Michelle (352-332-9881) or Dianne (352-378-1798) for more information.

## **INVEGA**

### **FDA Approves Invega as New Treatment Drug for Schizophrenia**

The US Food and Drug Administration (FDA) in January 2007 approved Janssen's new drug Invega (paliperidone) as the first new prescription drug for the treatment of schizophrenia since 2003. The new drug, which combines the new molecular entity called paliperidone, the principal active metabolite of Risperdal, with a novel drug delivery system, allows once-daily oral dosing rather than the twice daily dosing required for Risperdal. Note that this is therefore not a truly "new" drug, but only a modification of existing Risperdal. In the meanwhile our NAMI group, as well as other mental illness advocacy folks, are continuing to encourage the NIH to develop truly new fourth generation treatments for mental illnesses.

## **GULF COAST COMMUNITY CARE**

### **A Not for Profit Organization**

The Alternative Family Program is a residential program that provides care within licensed and certified homes for adults and elders with severe and persistent mental illness. AFP was started by Gulf Coast Community Care in September 1991 and is funded by the Department of Children and Families. The purpose of this program is to provide assistance for a mentally ill adult to remain in the community or to return to it from a local or state mental health facility. The adult with mental illness lives with a caregiver that is contracted by Gulf Coast in a home which is licensed by the Agency for Health Care Administration; these homes are known as Adult Family Care Homes (AFCH). AFCH are monitored and re-licensed on an annual basis.

Adults placed in the Alternative Family Program homes are encouraged to feel like a member of the family, participating in family activities and responsibilities. The caregiver provides a home-like atmosphere that focuses on improving or teaching the skills of daily living, medication monitoring/education, community socialization and recreation.

We are looking for caregivers in Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Putnam, Suwannee, and Union Counties. Are you a licensed Adult Family Care Home provider? Are you interested in becoming a licensed Adult Family Care Home provider? If so then please give us a call at (352) 376-1508 ext. 102 or contact us via email at [ksmith@gcjfs.org](mailto:ksmith@gcjfs.org).

# WALK PARTICIPATION & DONOR FORM



*"The Nation's Voice on Mental Illnesses"*

**National Alliance  
on Mental Illness**

# NAMI WALK

## Saturday, March 31, 2007

**Yes, I want to walk or make a donation !**

I support NAMI Gainesville with this donation: \$ \_\_\_\_\_

NAMI is a tax deductible 501(c)(3) non-profit organization (Federal Tax ID #59-2859337)  
Please make checks payable to: *NAMI North Central Florida*  
and hand in this form on the day of the Walk (more forms available at event site)  
or mail to : NAMI, P.O. BOX 90114, Gainesville, FL 32607

Name or Business (optional) \_\_\_\_\_

Email (optional) \_\_\_\_\_

Address (optional) \_\_\_\_\_ Phone (optional) \_\_\_\_\_

\*Medical, brain-based

**Mental Illnesses**  
affecting thought, mood, behavior\*

**Support**  
*Advocacy*  
**Education**  
Research



Worth Magazine ranked NAMI among the "Top 100 Charities Most Likely to Change the World"

☆☆☆  
**Campaign For  
The Mind Of America**

Westside Park  
Registration 8:00 am  
Walk starts 9:00  
(1.2 miles)

**[www.NamiGainesville.org](http://www.NamiGainesville.org)**

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>

**EXECUTIVE BOARD MEMBERS**

Co-Presidents .....Joan & Bruce Stevens  
 Vice President .....Susan Cary  
 Secretary .....Paula Ambroso  
 Treasurer .....Pat Warnock

**NAMI NCF Committee Chairs**

Hospitality .....Pam Shamel  
 Mental Illness Awareness Committee .....Bill Donnelly  
 Budget Advisor .....Judy Bousquet  
 PROP Leaders Committee .....Joan Stevens  
 Telephone Committee ..Dorothy Davenport & Michelle Donnelly  
 Newsletter .....Open  
 Librarian .....Michelle Donnelly

**Community Liaisons**

Shands at Vista .....Marianne Debolt  
 FACT Team .....Bernice Best & Steff Osborne  
 Meridian Behavioral Healthcare .....Chuck Debolt  
 NFESH .....Lillian Cason  
 Survivors of Suicide .....Judy Bousquet

**Family-to-Family Trainers**

Paula Ambroso  
 Susan Boulet  
 Beth Foley  
 Dianne Skye

**CIT Trainers**

Susan Boulet  
 Bruce Stevens

**CARE Leaders**

Conrad Burkholder & Dave Byrd

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)