



nami

National Alliance on Mental Illness

NORTH CENTRAL FLORIDA

November 2005 • Vol.4, No. 11 Serving Alachua, Bradford, Columbia, Dixie, Gilchrist, Levy & Union Counties

NOVEMBER MEETING



Our next meeting will be Monday, November 14. Circuit Judge of the Eighth Judicial Circuit, Martha Lott will be our speaker. She has been a Circuit Judge of the Eight Judicial Circuit since 1997.

She was a County Judge from 1991 until 1997.

Judge Lott presides over the Civil Mental Health Court, Drug Court, Family Court, Forensic Mental Health and Forensic Juvenile Mental Health Courts.

Our meeting will be at Shands at Vista Medical Park off of NW 39th Avenue at 7:15. The address is 4101 NW 89th Blvd.

MENTAL HEALTH AWARENESS

NAMI NCF teamed up with counselors from Shands at Vista to help with Depression Screening day at AGH and Sante Fe Community College. We screened 15 people at AGH and 10 at SFCC. 51 people took the depression screen, 30 the Anxiety screen, 29 the bi-polar screen and 8 the PTSD screen. Many people chose to do the screening on-line. You can too: mentalhealthscreening.org/screening/welcome.asp

The month long showing of "Nothing to Hide" has had many viewers. The display was paid for by Shands at Vista. NAMI NCF helped with the organization of the showing and putting up the display at the Main Library and at the atrium of Shands.

Thanks to all our NAMI volunteers for their help and to Astra Zeneca Pharmaceutical Co. for purchasing the candy favors for the screening.



Take a look at NAMI North Central Florida's Web Site - <http://www.naminorthcentralflorida.org>

2006 NAMI NCF LEADERSHIP

The following people were elected to the NAMI NCF board at the October meeting. Also listed are committee chairpersons, liaisons with other groups in the community and teacher/trainers for NAMI. In order to remain a strong and dynamic organization, we need **your** help and ideas. Please contact any of the officers if you are willing to serve NAMI in some capacity. We need you!

BOARD

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

NAMI NCF COMMITTEE CHAIRMEN

Mental Illness Awareness CommitteeBill Donnelly
Consumer Support CommitteeChristine McEvoy
PROP Leaders CommitteeJoan Stevens
Telephone CommitteeDorothy Davenport
Public Policy CommitteeSusan Cary
Newsletter & MembershipDianne Walsh
LibrarianMichelle Donnelly

LIAISONS

Liaison to Shands at VistaMarianne Debolt
Liaison to FACT TeamBernice Best
Liaison to MeridianBehavioral Healthcare ..Chuck Debolt
Liaison to NFESHLillian Cason
Liaison to FL Suicide Prevention Coalition .Judy Bousquet

FAMILY TO FAMILY TEACHERS

Paula Ambroso
Susan Boulet
Beth Foley
Dianne Skye

CIT TRAINERS

Susan Boulet
Bruce Stevens

C.A.R.E . LEADER

Stephani Osborne



THE FLORIDA SENATE

Tallahassee, Florida 32399-1100

COMMITTEES:

Agriculture, *Chair*
Criminal Justice, *Vice Chair*
Justice Appropriations, *Vice Chair*
Communications and Public Utilities
Environmental Preservation
Rules and Calendar
Ways and Means

JOINT COMMITTEE:

Legislative Budget Commission

SENATOR ROD SMITH

14th District

October 20, 2005

Bruce R. Stevens, Ph.D.
Professor
College of Medicine
Department of Physiology & Functional Genomics
University of Florida
P.O. Box 100274
Gainesville, FL 32610-0274

Dear Dr. Stevens:

Congratulations to NAMI for North Central Florida, Shands Vista and the University of Florida for presenting the **Nothing to Hide** Exhibit. It is with efforts such as this that we can challenge the destructive stereotypes of mental illness and instead promote understanding and respect for those individuals and families affected by mental illnesses.

I am sorry I cannot join you today in your ceremony. Please know that I am your ally in speaking out for efforts to meet the needs of families presented in the photographs. As you know, my family has had to pull together to care for one of our own with a mental illness. This gives me a personal stake while in the Legislature, to seek ways to assist persons with mental illnesses get the care and support they need.

I was pleased to see that the picture you sent me as a preview shows the sheer pleasure we all take from being with our families. The image is an important counter-balance to the negative images many people have of mental illness. It is also a reminder that individuals managing the challenge of the illness are our neighbors, our friends, and often members of our own family who have nothing to hide.

Sincerely,

Rod Smith

Medicare Prescription Drug Plan Cost Estimator

Private companies will offer Medicare prescription drug coverage starting January 1, 2006. The decisions you make depend on what kind of health care coverage you have now. To find out more about what Medicare drug coverage means to you, read our publication, "A Guide to Getting Started."

Key factors to consider in comparing your drug plan options are: Coverage, cost, convenience and peace of mind now and in the future. To find out more about these factors, read "Things to Think about when You Compare Plans."

The cost estimator assumes that you have no current drug coverage or receive any type of discounts, such as from a drug discount card, on your prescription drug cost.

If you know what you spend monthly on prescription drugs you can use the cost estimator to see what your potential savings will be by joining a Medicare prescription drug plan. It will also provide you with information on the lowest premium available in our State.

The cost estimator is a quick tool to give you a sense of the savings you can anticipate with Medicare Prescription Drug coverage. This tool is not able to take into account any insurance you may have now for drugs. Therefore, if you currently have insurance for drugs, the tool will not be able to compare current costs to those you may have in the future if you switch to Medicare drug coverage. To access the cost estimator go online to the following address:

http://www.medicare.gov/medicarerereform/MPDP_Cost_Estimator.asp

People with a Mental Illness Enrich our Lives...

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

Lionel Aldridge was on top of life's mountain when he won three world championships, including two Super Bowls, with the Green Bay Packers in the 1960s. Now, he's just happy to have his head above water.

Following his football career, Aldridge moved behind the microphone as a sports broadcaster working as analyst for such stations as WTMJ as well as nationally for NBC. During that time, he returned to the Super Bowl as part of the Super Bowl VII broadcast team. Throughout those years, Aldridge showed no signs of having paranoid schizophrenia. He lived the healthy, normal life he had dreamed about and his road to success seemed to be one without any bumps.

Then things changed. "I really didn't start getting sick until I was about 33," said Aldridge. "I was working full-time at WTMJ at the time and things just started to fall apart. There was extreme paranoia and irritability and it was difficult for me to get along with others. I was unable to work. It was a rough setting." He ended up being homeless for 2 1/2 years. "I didn't consider myself a drifter; I was just a victim of schizophrenia," said Aldridge, who lost both of his Super Bowl rings while he was homeless. "I had gone 10 years without getting any kind of treatment. Once I accepted and cooperated with the treatment, I started to beat the illness."

Aldridge is retired now and spends the majority of his time giving programs on paranoid schizophrenia and how he lived through it. Letting people hear about paranoid schizophrenia is not the only reason Aldridge continues to speak of his illness. He also discusses how he got through it and what he used in his battle against the mental illness. "My accomplishment is that people are hearing what can be done. People can and do recover from mental illness," Aldridge said. "The medication is important, but it doesn't cure you. I won with the things I did to help myself and people who may be suffering now or people who may know someone who is suffering can hear that."



Lionel Aldridge

★ Remember to return books or videos to the NAMI NCF library to return so others may also benefit from them. Generally the check-out period is one month.

NAMI North Central Florida
an affiliate of
NAMI and NAMI Florida
P.O. Box 90114
Gainesville, FL 32607
3 5 2 • 3 3 9 • 8 6 4 0



<http://www.naminorthcentralflorida.org>

NEW SUPPORT GROUP N A M I - C . A . R . E

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.

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)