



# NAMI

## National Alliance on Mental Illness

### NORTH CENTRAL FLORIDA

Oct. 2006 • Vol. 4, No. 10    Serving Alachua, Bradford, Columbia, Dixie, Gilchrist, Levy & Union Counties

## "Presidents Corner"

...Joan & Bruce Stevens

Two public activities of our NAMI group are happening around town this month. First, Mental Illness Awareness Week activities are going on, which you can read about in this newsletter. The theme is "Building Community, Taking Action", and features Bipolar Awareness this year. Secondly, our NAMI is now officially a community health charity agency of the University of Florida Capital Campaign. All UF employees can designate NAMI as a tax deductible contribution through payroll deductions. Our NAMI participated in showing our wares at a booth during the campaign kickoff for UF department representatives in the Rietz Union Grand Ballroom. If you are a UF employee, be sure to check the "NAMI" box on your payroll deduction pledge card. We hope that recognition of the widespread occurrence of serious mental illnesses will help our NAMI members and the community at large know that they are not alone. Next month, look for ways to volunteer to participate in our booth at the annual downtown Fall Arts Festival.



Last month's speaker, Sadie Darnell, accepts a NAMI mug presented by co-presidents Joan and Bruce Stevens.

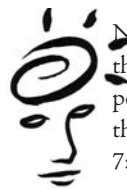
## OCTOBER MEETING



Our Monday, October 9th meeting will be a PROP meeting, "People Reaching Out to People" - our family support group. This meeting is intended for family members or close friends of people who have a serious mental illness.

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. Remember to return any media checked out from the NAMI Library.

## 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.

OUR NAMI IS ADVOCATING FOR ALL VOTERS TO REGISTER TO VOTE THIS FALL, INCLUDING CONSUMERS.

Some consumers are under the impression that they do not have the right to vote simply because they have been Baker Acted or hospitalized due to a mental illness. This is not true in the vast majority of cases. Only a judge can revoke a person's right to vote. So unless a person is a convicted felon or has been judged by a court to be incompetent, they have the right to vote! As a non-profit, of course, NAMI cannot endorse a particular candidate or a party. But we can and should advocate for our causes, like candidates that promote mental health access and parity. For registration forms, call our local Alachua County elections office phone at 374-5252. Its website is: <http://www.elections.alachua.fl.us/>

# Local Radio Talk Show

Karen Schmauss, Director of Development at Meridian, has recently begun hosting a local radio talk show with Sunshine Broadcasting discussing issues directly related to services provided by Meridian. Tune in on Sunday mornings (stations and times listed below) to hear future shows on topics of interest to many of us. Karen's show is scheduled through December. We are hoping it will be continued next year. Our NAMI website will soon include a link to recordings of previously aired shows.

## STATIONS AND TIMES ON SUNDAY MORNINGS

100.5 FM 7:00 AM ..(The Buzz 100.5; alternative music)  
1430 AM 7:30 AM .....(Rejoice 1430; religious)  
106.9 FM 8:00 AM ..(KZY 106.6; adult contemporary)  
101.3 FM 8:30 AM .....(Magic 101.3; hip hop)  
101.7 FM 9:30 AM .....(DVH 101.7 classic country)

## SCHEDULED SHOWS AND THEIR CONTENT

### Past shows:

- Substance Abuse Overview – guest, Bruna Herbert
- Mental Illness and the Baker Act – guest, Betty Strayer
- Mental Illness Stigma Busting – guests, NAMI (The Stevens) & Jeff Spieler

### Future shows:

- Opiate Treatment, Substance Detoxification and the Marchman Act – guests, Carrie Glebe, Sara Blackford, & Dr. John Brandt.
- Older Adult Treatment Program – guest, Jean Halperin
- Child Victims of Abuse & Neglect: Child Welfare & Dependency Drug Court – guests, Donna Maynard, Gerald Hoyt and Nancy Fields (Circuit DDC from Court Administration)
- Mental Illness: Rehabilitation & Job Coaching – guests, Marlene Greenspan, Jeff Spieler & clients
- Juvenile Drug Court & the Recovery Center – Gerald Hoyt
- Therapeutic foster Homes and the ongoing need – Donna Maynard & Deak Peyton
- Crisis Stabilization & Family Crisis Intervention Team – guests, Chad Crosier & Betty Strayer
- Depression & Suicide – Dr. Fariborzian & Betty Strayer

## SPAN USA's 11th National Awareness Event

ON SEPTEMBER 8TH, INDIVIDUALS FROM ACROSS THE NATION VISITED CAPITOL HILL TO ADVOCATE FOR SUICIDE PREVENTION. THE FOLLOWING IS A BRIEF ACCOUNT OF THE TRIP BY Judy Bousquet, a NAMI NCF MEMBER AND AN ADVOCATE FOR SUICIDE PREVENTION.

*We visited the offices of all 25 Florida members of Congress advocating for suicide prevention programs and mental health parity legislation.*

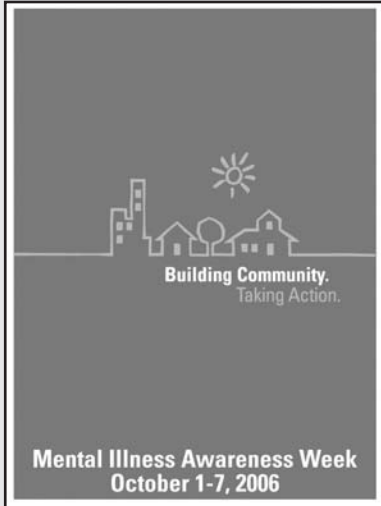
*There was a day of breakout sessions to learn about current topics in suicide prevention programs targeted to college students, military and substance abuse. Some statistics of particular interest were: Every 17 minutes, someone in the US dies by suicide, which is more than 30,000 people per year. This is more than the total US homicides and war related deaths combined.*

*More college students die by suicide than all illnesses combined. NIMH estimates that over twenty-two percent of all Americans 18+ suffers from a diagnosable mental disorder in any given year.*

*On Saturday, there was a march beginning at the World War II Memorial. Quilts from around the country were displayed including the Alachua County Survivors quilt and a display that has each county in Florida with ribbons for each suicide in 2004 - there were 2,382 that year. We marched across the street and around the Washington Monument. A program after the March included an address by Dr. Kay Redfield Jamison, professor of psychiatry at Johns Hopkins University and author of An Unquiet Mind, a memoir of her personal struggle with manic depression and remarks from Nakia Sanfor, WNBA forward-center for the Washington Mystics and four survivors.*

*It was an experience I will never forget. I met and reconnected with other survivors. We all have a common purpose. We can do nothing for our loved ones who many times suffered in silence. We can and will speak out about suicide and adequate and affordable mental health programs because these two issues do go side by side. A majority of people who die by suicide have a mental illness.*

# National Mental Illness Awareness Week



NAMI National Mental Illness Awareness Week is officially October 1-7, and we are extending it through the 14th in Gainesville. The theme is "Building Community, Taking Action", and features Bipolar Awareness this year. Our NAMI Gainesville affiliate is sponsoring several events around town. We are partnering with Shands at Vista to offer depression & bipolar screening again this year in the lobbies of Shands at UF (Oct 10) and Shands at AGH (Alachua General Hospital) (Oct 12). Also, we are partnering

with the Public Libraries and bookstores around town to feature displays of books on mental illnesses along with our NAMI logo and mental illness handouts. We will have a NAMI display at Gainesville Health and Fitness Center. Finally, listen for public service announcements on the radio. Each of these efforts to increase public awareness of mental illnesses will chip away at stigma and break down the barriers to seeking treatment, building confidence in family support, and ending discrimination in insurance and the job market.

## New NAMI Phone Number

Our NAMI voicemail phone number has changed. It is now (352)-374-5600 ext. 8322 or (800)-330-5615 ext 8322. Meridian is providing our NAMI with this free service, and we are grateful for this community benefit. A hearty thank you to NAMI NCF's Chuck Debolt and to Wally Coe and Stephanie at Meridian in Gainesville and to Betty Jackson at Meridian in Lake City for making this happen. Of course we are always grateful for Dorothy Davenport, who has been the primary person returning phone calls, and for the help of Michelle Donnelly, Pat Warnock, and Bernice Best for returning the many phone calls fielded weekly.

We are thankful to Alltel for the years voice mail service they have provided free of charge to NAMI NCF. They no longer have the corporate program that allowed them to offer us that service. We appreciate the efforts of the NAMI people who set it up originally and to Alltel for including us in the program as long as they were able to do so.

## Clinical Research Study Now Enrolling

A new clinical research study at University of Florida focuses on treatment options for adolescents ages 13-17 diagnosed with schizophrenia. This clinical study seeks to examine the effectiveness of an investigational drug in treating schizophrenia in adolescents when the onset of first symptoms most frequently occur. Parents and caregivers of adolescents, ages 13-17, diagnosed with schizophrenia are encouraged to call the local site directly at (352) 392-8316 or call toll free 1-866-650-2869 or visit the study Web site [www.TeenHealthStudy.org](http://www.TeenHealthStudy.org) to learn more about this clinical research study

## *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.*

The mental health problems of one musician could have led to the creation of jazz. Without his schizophrenia, Charles "Buddy" Bolden - the man credited by some with starting off the jazz movement - might never have started improvisation, psychiatrists have heard. And without this style change, music might never have evolved from ragtime into the jazz movement we know today.

Professor Dr Sean Spence, of the department of psychiatry at the University of Sheffield, said jazz music arose from the attempts of a cognitively impaired performer to execute novel performances. He said that Bolden's mental health problems meant his motor functions were impaired. Bolden could not read music and the only way he was able to play his cornet was by improvising.

Although no recordings of his music survive, Bolden is widely considered to have started the jazz movement, which was officially recognized in the early 1900's. Bolden was committed to a mental hospital outside New Orleans and remained in the mental hospital until his death 24 years later.



Charles "Buddy" Bolden

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 NAMI and NAMI Florida  
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 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**

Stigma Busters -Mental Illness  
 Awareness Committee ..... Bill Donnelly  
 Consumer Support Committee ..... Christine McEvoy  
 PROP Leaders Committee ..... Joan Stevens  
 Telephone Committee ..... Dorothy Davenport  
 Public Policy Committee ..... Susan Cary  
 Newsletter & Membership ..... Dianne Walsh  
 Librarian ..... Michelle Donnelly

**Community Liaisons**

Shands at Vista ..... Marianne Debolt  
 FACT Team ..... Bernice Best  
 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**

Steff Osborne & Conrad Burkholder

**UF Outpatient  
 Psychiatry Clinic**

The UF Department of Psychiatry Outpatient Clinic takes new patients on self referral, not requiring referral from another doctor. Call their phone number to make an outpatient appointment to be treated for a severe mental illness:

2 6 5 - 7 0 4 1 .

This clinic concerns university psychiatrists that will treat patients on an outpatient basis on an ongoing basis. Backlog for new outpatient appointments is several weeks at the earliest. Note that this is not their Vista inpatient crisis stabilization facility.

