



## OCTOBER MEETING

Our Annual Membership Meeting for NAMI NCF meeting will be Monday, July 11th. We will elect officers for the 2006 year at this meeting.

There will also be a PROP support group meeting following the Annual Meeting. PROP is an acronym for People reaching Out to People, and is the opportunity to share and offer support to each other.

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



*CIT Organizers presented a seminar at our NAMI meeting: From left to right - Lt. Jim Lybarger from the Alachua County Sheriff's Office, Tara Monsanto from DCF, and Bruce Stevens Co-President of NAMI NCF (not show: Susan Boulet, NAMI member).*

Over 35 members and visitors attended the September meeting to hear Taralyn De Wese-Monsanto, Forensic Coordinator for the DCF District 3 Substance Abuse and Mental Health Program Office and L. Jim Lybarger or the Alachua County Sheriff's Office talk about the Crisis Intervention Team Training. This program trains law enforcement officers to deal with crisis involving those who are mentally ill and in crises. Officers volunteer for this 40 hours of specialized training.

## September Meeting

## HURRICANE KATRINA

NAMI has collaborated to provide support to our state organizations, local affiliates, consumers, and family members affected by The Katrina tragedy. NAMI has established a resource center for victims of the hurricane and for those wishing to provide support. The NAMI HURRICANE KATRINA RESOURCE GUIDE is available on the NAMI Website:

**<http://www.nami.org/hurricanekatrina>**.

It will be updated regularly as information is constantly evolving. Included on the Web site as well is a Message Board for NAMI members and friends of NAMI to offer support and assistance as well as provide information within our community; Referral and Resources for victims concerning medication, housing, financial assistance and more; plus Referral and Opportunities for those who want to donate or volunteer in ways that target our priority population.

NAMI has also established the NAMI HURRICANE KATRINA RELIEF FUND and is accepting cash donations. This fund will directly support our NAMI state organizations and affiliates affected by the disaster and engaged in providing direct support to consumers and their families. You may contribute to the fund by going to **[www.nami.org/donate](http://www.nami.org/donate)**. In the NOTES section of the donation, PLEASE specify the donation for this named fund. You may also donate by mailing a check written to NAMI, designated for the named fund, and mail to NAMI, Hurricane Katrina Relief Fund, 2107 Wilson Boulevard, Suite 300, Arlington, VA 22201. You may also make a donation at any Wachovia Bank-Make the donation directly to the NAMI Katrina Hurricane Fund.

# MENTAL ILLNESS AWARENESS WEEK



**Mental Illness Awareness Week** is sponsored by NAMI National, and is implemented by each affiliate on a local level. This year our affiliate will be coordinating two events, both with support from Vista. The events are **Depression Screening Day** and **“Nothing to Hide: Mental Illness in the Family”**, a traveling photography exhibit distributed by Family Diversity Projects, Inc.

## DEPRESSION SCREENING...

On Thursday, October 6, we will help with the third annual Depression Screening Day. The screenings will take place at the following locations:

Alachua General Hospital  
Lobby  
Between 9:00 - 12:00

Sante Fe Community College  
Bldg. S-029  
Between 2:30 - 6:00

Anyone in the community is welcome to attend. Individuals can fill out a questionnaire that screens for depression, bi-polar disorder, anxiety, and post traumatic stress syndrome. The questionnaire will be scored there and the individual will have the opportunity to speak with a mental health professional (from Vista) on the spot if needed. All of this is provided free.

Our NAMI volunteers will explain how to fill out the screening survey to interested people, score the surveys, direct participants to the on-site mental health professionals, as needed, and hand out informational brochures for people to pick up. Only professionals from Vista will provide counseling.

## PHOTO EXHIBIT...

The **“Nothing to Hide: Mental Illness in the Family”** photo exhibit is a collection of 20 framed family portraits, each with a family member who has a serious mental illness. Each photo is accompanied by a brief written biography. Vista is fully funding this exhibit that extends past the official Awareness Week until October 28. The photos and bios will be displayed at the **downtown library** for the first two weeks in October. The following two weeks they will be displayed in the **Atrium at Shands**.

If you want more information about any of these events, contact Bruce or Joan Stevens (378-0886).

## NAMI Acronym Change Reflects Grassroots Resolution

The NAMI National board of directors, at their August 27, 2005 board meeting, formalized the recent resolution regarding the revised explanation of the NAMI name. The resolution, put forth by NAMI San Fernando Valley (CA), was passed by 65% of the vote at the NAMI Convention in June and reflects the person-first language embraced by NAMIs grassroots:

"RESOLVED that the letters in NAMI the organizations name, shall stand for *National Alliance on Mental Illness* instead of National Alliance for the Mentally Ill." This change is effective

immediately. Some important facts and information about this change:

◆ This does NOT represent a change in the NAMI name. The name of NAMI remains as it is and does not require legal action as long as all NAMI state organizations and affiliates are in compliance with use NAMI (state, city, community) as their name in articles and with the IRS.

◆ NAMI state organizations and affiliates are encouraged to phase-in this process and use any printed inventory; this should not create any immediate economic impact.

◆ Although there will be liberal acceptance of inconsistency and overlap of old and new language during this transition, NAMI national recommends that the first places to begin to implement this new explanation include:

- Phone messages and verbal usage.
- Website and electronic usage.
- Newly developed materials, including NAMI Walks material, new brochures, and new fact sheets.
- Publicity materials and media and newspaper listings.

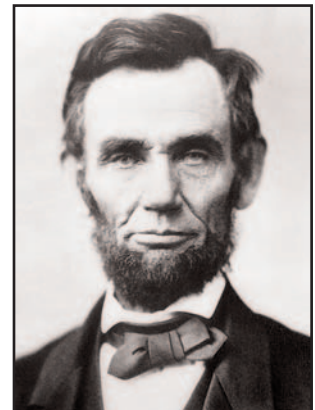
### *People with a Mental Illness Enrich our Lives...*

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

Abraham Lincoln is a particularly intriguing example of someone who achieved greatness in spite of the fact that he experienced bleak, despairing periods of depression throughout his life. A typical depressive episode is described by Karl Menninger in his book *The Vital Balance*: "On his wedding day, all preparations were in order and the guests assembled, but Lincoln didn't appear. He was found in his room in deep dejection, obsessed with ideas of unworthiness, hopelessness and guilt."

Robert L. Wilson who served in the Illinois legislature with Lincoln made the following observations regarding Lincoln's gloominess: "In a conversation with him about that time (1836), he told me that although he appeared to enjoy life rapturously, still he was the victim of terrible melancholy. He sought company, and indulged in fun and hilarity without restraint, or stint as to time. Still when by himself, he told me that he was so overcome with mental depression, that he never dare carry a knife in his pocket. As long as I was intimately acquainted with him, previous to the commencement of the practice of the law, he never carried a pocket knife, still he was not a misanthropic. He was kind and tender in his treatment to others.

What Lincoln became and achieved, in spite of his illness, is part of our great national heritage. Read more about this in the article, "Lincoln's Great Depression" in the current issue of "The Atlantic" magazine (<http://www.theatlantic.com/doc/prem/200510/lincolns-clinical-depression>)



*Abraham Lincoln*

\* 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.

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<http://www.naminorthcentralflorida.org/>

## **NAMI FLORIDA 2005 Annual Meeting & Conference**

*Change is the Challenge - Recovery the Reward* is the theme of the Florida 2005 Annual Meeting & Conference at the Wyndham Westshore Hotel in Tampa, October 28-30. Keynote speakers will be Lucy Hadi, Secretary, Department of Children and Families and Suzanne Vogel-Scibilia, MD, NAMI National Board President.

The registration form is on our local NAMI NCF web-site. If you are unable to download it from the web-site, call Bruce or Joan Stevens at 378-0886 for a registration form. Registrations need to be made by October 18th. You may register for one, two, or all three days of the conference. There are scholarships available for mental health consumers.

## **NAMI NCF OFFICERS**

*October is the month that we select a new slate of officers for 2006. If you are willing to be considered for any board positions, please call one of the nominating committee members as soon as possible.*

*Chuck DeBolt - 332-7828; Pat Warnock - 271-7116; Dianne Walsh - 378-1798.*

## **MULTICULTURAL ACTION CENTER (MAC)**

People of color face life-threatening disparities in access to high quality mental healthcare. In response to this national crisis, NAMI created its Multicultural Action Center. This Center works to focus attention on system reform to ensure access to culturally competent services and treatment for all Americans and to help and support families of color who are dealing with mental illness. More information at:

[http://www.nami.org/template.cfm?section=Multicultural\\_Support](http://www.nami.org/template.cfm?section=Multicultural_Support)