



nami

National Alliance on Mental Illness

NORTH CENTRAL FLORIDA

Dec. 2006 • Vol. 5, No. 12 Serving Alachua, Bradford, Columbia, Dixie, Gilchrist, Levy & Union Counties

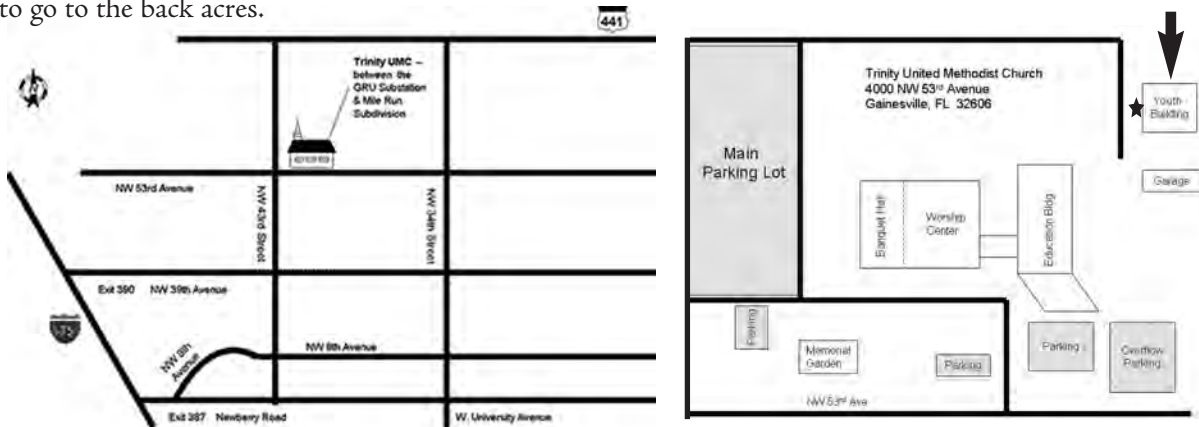


*You are invited to the annual holiday meeting
of NAMI North Central Florida
Monday, December 11, 2006
7:00 P.M.*

*Trinity United Methodist Church
Youth Building
4000 NW 53rd Ave.*

*Bring Holiday Desserts or Appetizers to Share
Sweet or savory finger foods (This is not a dinner meeting.)*

Take the first entrance into Trinity from 43rd Street and go all the way to the back of the property. There is a free-standing Youth Building with lots of parking. Do not go in the building where we have our monthly meetings. If you go in the wrong drive you will have to weave around the building and parking lot to go to the back acres.



IF YOU WISH, PLEASE BRING AN ITEM TO DONATE TO THE HOMEVAN FOR THE AREA HOMELESS. IDEAS: SOCKS, CANS OF GOODS, CHOCOLATE BARS, PLAYING CARDS, TRAVEL GAMES, PAPERBACK BOOKS, ENSURE, BOOST, AND DIABETIC ENSURE, VIENNA SAUSAGES, LITTLE SOAPS AND SHAMPOOS, READING GLASSES, VOTIVE CANDLES, LOTION, SMALL BOTTLED WATERS, BATTERIES, SMALL TENTS, TARPS, BLANKETS, COATS, SWEATERS, SWEAT SHIRTS, SWEAT PANTS, FLANNEL SHIRTS AND MONEY. CHECKS CAN BE MADE OUT TO THE ST. VINCENT DE PAUL SOCIETY, EARMARKED FOR THE HOME VAN.

Recent Public Outreach Activities

Volunteers from our NAMI affiliate have been active with public visibility in order to promote anti-stigma awareness in Gainesville, to provide information about the mental illnesses, and to raise funds for our projects. Some events are shown here. For the University of Florida Capital Campaign, UF employees were able to include NAMI donations in their paycheck optional deductions. At the Downtown Fall Arts Festival in November, hundreds of folks were enlightened by our NAMI booth. Thanks to all volunteers who enjoyed the day sharing a few hours working in our booth! All NAMI members and friends can volunteer for upcoming activities such as our spring NAMI Walk, Meridian CSU refurbishing, WUFT telethon manning phones, and proposed psychiatric services dogs. Contact: Projects@namigainesville.org.



Co-President, Joan Stevens at NAMI Display for the University of Florida Capital Campaign



Luncheon for the University of Florida Capital Campaign



NAMI booth at the Downtown Fall Arts Festival in November.

Pot Luck Picnic Party with Ocala & Citrus Nami's

Our NAMI Gainesville friends and members will get together for a pot luck and hot dog picnic with members of the Ocala and Citrus NAMI affiliates! This is a first time interaction among our groups.

Food – Fun – Prizes

SUNDAY, DECEMBER 3, 2006

3:00 – 6:00

CONSUMERS – BRING A BOTTLE OF SODA

FAMILY MEMBERS – BRING A COVERED DISH

RSVP: RSVP@NAMIGAINESVILLE.ORG

Directions: 441 into Ocala; East on Silver Springs Blvd/Hwy 40; Right on 36th Ave; Left on Fort King; Left on 48th Ave; Left on 2nd Loop – to the Wellness Center on the left



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.

NAMI Gainesville on the Air!

As part of our NAMI affiliate's anti-stigma and community information activities, our NAMI has been featured on Karen Schmauss' radio show and The Ilene Silverman TV show. Media have also run public service announcements on mental illness awareness. Times and stations for Karen's radio shows were published in previous NAMI Newsletters. The TV taping dedicated an entire half hour to our NAMI, with interviews of some of our members and consumers. The TV show NAMI episode will be broadcast in December on CBS affiliates and Cox Cable, as listed in *The Gainesville Sun*.

LATEST FLORIDA MEDICAID PREFERRED DRUG LIST

For people concerned about Medicaid carrying antipsychotic meds that are already effective in your loved one, I am happy to report that the latest Florida Medicaid Preferred Drug List has all the antipsychotics that NAMI wanted to be included. Of concern to many families, Zyprexa is indeed included.



The Pharmacy and Therapeutics Committee and the Agency for Health Care Administration (AHCA) this fall have recognized the importance of individualized

treatments for mental healthcare patients, even in the face of several large reports which suggested that in populations the older antipsychotics are as effective as newer ones as a whole. The full menu of antidepressants,

anticonvulsants, anxiety agents, etc are also included. NAMI families, consumers, and friends should be appreciative of the progressive thinking that Florida's ACHA and the P&T Committee have displayed in establishing workable contract relationships with drug companies.

Full listing of included meds is at :

http://ahca.myflorida.com/Medicaid/Prescribed_Drug/pharm_thera/PDL_Alternatives_11012006.pdf .

These meds most on the minds of NAMI family members ARE included:

Clozapine
Fazacllo (clozapine)
Geodon (ziprasidone)
Risperdal (risperidone)
Seroquel (quetiapine fumarate)
Zyprexa (olanzapine)

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.

Edwin E. "Buzz" Aldrin is one of the first two humans to walk on the moon. Aldrin received his BA from West Point Military Academy and his Ph.D. from Massachusetts Institute of Technology (MIT). He flew 66 combat missions during the Korean War. He developed the Manned Space Rendezvous techniques still used by NASA today. Aldrin was one of the earliest astronauts accepted in the NASA program. On the Gemini 12 mission, he broke the record for extravehicular activity by spending 5 hours outside the craft. He was presented the Presidential Medal of Freedom and has received over 50 other awards and honors. He has also written a book about his mental illness, *Return to Earth*. In it he talks of his struggles with erratic behavior, severe depression and alcoholism.



Buzz Aldrin

Aldrin states, "Recovery was not easy. Perhaps the most challenging turnaround was accepting the need for assistance and help. Looking back at it now--with over 22 years of sobriety--this was probably one of my greatest challenges. But it has also been one of the most satisfying because it has given me a sense of comfort and ease with where I am now."

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-PresidentsJoan & Bruce Stevens
 Vice PresidentSusan Cary
 SecretaryPaula Ambroso
 Treasurer & MembershipPat Warnock

NAMI NCF Committee Chairs

Stigma Busters - Mental Illness
 Awareness CommitteeBill Donnelly
 Consumer Support CommitteeChristine McEvoy
 PROP Leaders CommitteeJoan Stevens
 Telephone CommitteeDorothy Davenport
 Public Policy CommitteeSusan Cary
 NewsletterDianne Walsh
 LibrarianMichelle Donnelly

Community Liaisons

Shands at VistaMarianne Debolt
 FACT TeamBernice Best
 Meridian Behavioral HealthcareChuck Debolt
 NFESHLillian Cason
 Survivors of SuicideJudy 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

NAMI NORTH CENTRAL FLORIDA
 MEMBERSHIP APPLICATION

Please Note: Membership payments are due 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)