



NAMI
National Alliance on Mental Illness

Polk County

News & Views

A Monthly Publication of NAMI Polk County, Inc.

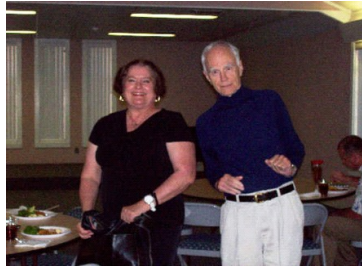
Volume 1: Issue 0511

May 2011

Inside this issue:

NAMI Annual Meeting	1
Director's View	1
13th Annual Family Café	2
Caregiver Strategies	2
Did You Know?	2
Children's News	3
Reminders	3
Membership Form	4

NAMI POLK ANNUAL MEETING



The NAMI Polk County Annual Meeting was held after the monthly Board of Directors meeting on Monday, May 16, 2011 at St. David's Episcopal Church, 145 E. Edgewood Drive, Lakeland, FL. Those in attendance enjoyed food, beverage and door prizes provided by Heaven's Jewels.

A roundtable discussion was held in which members, board members and staff discussed their experiences with mental illness either as a consumer or family member. Members also expressed a desire to reinstate monthly membership meetings. The meeting was adjourned at 8:00 pm.

Supported by:

*Publix Super Markets Charities
Dept. of Children and Families
The City of Lakeland
NAMI Polk Members*

And



United Way
of Central Florida

CONTACT US:

NAMI Polk County, Inc.
1090 US Hwy 17 South
Bartow, FL 33830
Tel: (863) 533-4411
Email:
namipolk@juno.com
Websites:
www.namipolk.com
www.namifl.org
www.nami.org

Director's View

The recent legislative session highlighted the vulnerability of the mental health services system. It was only through intense advocacy efforts at national, state and local levels that cuts to funding were minimized. Our NAMI board members, along with NAMI members and staff from local mental health and substance abuse agencies, joined in by traveling to Tallahassee in March 2011 to show solidarity with NAMI Florida and other NAMI affiliates across the state. As a result of their efforts, most service funding was preserved. However, we can continue to expect that funding for mental health services will be in the crosshairs in future sessions.

Over the past 20 years, financial support for services has been slowly whittled away though changes in payment mechanisms such as Medicaid managed care, performance contracting, and funding reductions to community mental health centers across the state. This latest assault was a clear attempt to deliver the fatal blow. With support from law enforcement associations and the justice system, who would have had to absorb much of the costs for the population left without vital services, the situation was averted. Once there was understanding that the Florida Senate's plan would actually increase rather than reduce costs for the state, most of the proposed cuts were dropped.

A big **THANK YOU** goes out to all those who tirelessly sought to inform and persuade the Florida Legislature during the recent session to maintain mental health funding. Unfortunately, the battle for resources is not over. It is more important than ever to make your voice heard and to advocate for the mental health system.

FAMILY Support Groups

Lakeland Family Group

Currently Suspended
Leaders Needed
Please Call to Volunteer
(863) 533-4411

Lake Wales Group

New leadership Needed
To volunteer call the NAMI office

CONSUMER Groups

Bartow BHC Group

Currently in planning phase. Will provide details when class is available

Winter Haven Groups

Wednesdays 2-3:30pm and
Thursday nights 7-8:30 PM Sweet
Center Green Room. 1201 First
Street S. Winter Haven
Leaders: Elizabeth, Randall
and Laura

Lakeland

Support Groups meet at the
Jeanene Brown Drop In Center.
2326 Edgewood Drive:

1. Panic & Anxiety Mon. 3pm
2. Depression & Bipolar Support (DBSA) Tue. 7pm & Sat. 12 noon

For more information please call
Drop In Center
(863) 413-2788

Female Sexual Abuse Survivors
1st & 3rd Wed. 6-7:30pm
Peace River Center's
Rape Recovery Resource Center
413-2708 Childcare provided.

**NAMI Polk County
Board of Directors**

- Diana Arthur, Pres.
Barbara Hoffman, V.P.
Dr. Anne Tyson, Treas.
Carol Hoffman, Sec.
Neal Dwyer
Dr. Richard Marshall
Joyce McInterny
Maureen McIntire
Elizabeth Newton
Margaret Parry
John Ruffin
Anne Weeks
John F. Wendel

Staff

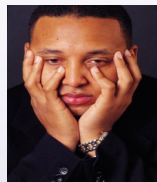
- Melissa Songer,
Executive Director

Annette Brown,
Administrative Assistant

STRESS OF CAREGIVING: WHAT ABOUT YOU?

A Personal Strategic Plan

Do you have a personal strategic plan? Most caregivers develop a care plan for taking care of their loved-one or patient without giving much thought to their own strategic plan. Take responsibility for your personal well-being and getting your needs met. Ask yourself these questions:



- ◆ What is important to me?
- ◆ What are my caregiving goals?
- ◆ What is my action plan for accomplishing my goals?
- ◆ What is it that I do especially well?
- ◆ Do I have a good sense of humor?
- ◆ What are my stressors, and my reactions to them?
- ◆ Are my expectations accurate?
- ◆ Do I have adequate physical and emotional reserves?
- ◆ Am I maintaining a balance between work demands and my personal life?
- ◆ Am I utilizing my support system? Who can I talk to?
- ◆ Am I staying connected to family and friends?
- ◆ What is my respite plan?

**For more articles and information, please visit
www.meandmycaregivers.com**

DID YOU KNOW ?



There is a federal program called Lifeline that was created by the Reagan era Federal Communications Commission (FCC) in 1984. Thanks to Safelink, lifeline support is now available for wireless phones. This program is funded by telecom companies, not by taxes.

Only certain Americans are eligible for Safelink. Eligibility guidelines vary by state but in general individuals qualify if they participate in a public assistance program such as Food Stamps, Medicaid, Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), Low Income Home Energy Assistance Program (LIHEAP), National Free Lunch, Federal Housing/Section 8 Assistance or if your household's gross monthly income is at or below 150% of the Federal Poverty Guidelines.

For more information call 1-800-SAFELINK or visit www.SafeLink.com.

**THE 13th ANNUAL FAMILY CAFÉ
Featuring the Governor's Summit on Disabilities
June 3-5, 2011**

The Annual Family Café provides a venue where individuals with all types of disabilities and their families from all regions of Florida can gather information about available services and how to best access them. It offers families access to policy-making officials, opportunities to find support by networking with other families, and exposure to a range of public and private resources on a grand scale.

As always, **The Family Café is a FREE event!** If you are a person with a disability, or a family member of one, there is no registration fee for the conference. However, **ALL Professionals must pay a \$100 registration fee.**

The Family Café is also proud to offer families limited Financial Assistance, which can provide for complimentary accommodations at the Disney Coronado Springs. Assistance is based on available funding and awarded by lottery. If you receive financial assistance, your room reservation will be made by The Family Café. If you do not receive assistance,

you will be responsible for making your own reservations at the Disney Coronado Springs or elsewhere in Orlando. You can contact the hotel reservation line at 407-939-1020.



You can register online at www.FamilyCafe.net

Children's Mental Health Awareness Day

Winter Haven Hospital, Center for Behavioral Health recently celebrated Children's Mental Health Awareness Day with a Poetry Exhibit on Wednesday, May 11, 2011.

Children who currently receive therapeutic services at Winter Haven Hospital, Center for Behavioral Health composed poems and created pictures to share with each other, their parents, therapists and all who attended the exhibit. Each poem was unique as each individual child, and a glowing example of the resiliency that all children have.



Kids Can Rebound Quickly After Mom's Depression Lifts

Researchers have found that children's behavior and mental health improves rapidly. According to a study done by HealthDay News, successful treatment of major depression in mothers also leads to improved mental health for their children.

Children of parents with major depression are at increased risk of being diagnosed with psychiatric disorders. The study included 80 women with depression and their children ages 7 to 17. The researchers found that the children of women with early remission showed improvement in both mother-and-child reported symptoms of psychiatric disorders and in overall psychosocial functioning at home and at school. Children of mothers whose depression did not respond to treatment over two years showed no improvement in symptoms of psychiatric disorders and had an increase in outward directed symptoms, such as disruptive behaviors. This study shows that (depression) remission, even after several months of treatment can have positive effects not only for the patient, but also for the children.

Copied from: health.usnews.com/health-news/family-health/brain-and-behavior/articles/2011/

AFFORDABLE FAMILY FUN



There are lots of fun, inexpensive, and **FREE** things for families to do in Lakeland:

- **Explorations V Children's Museum**— 109 N. Kentucky Ave. 863-687-3869. Museum members Free, Children under 2— Free, ages 2 thru Adult \$5.00, Seniors 65+ \$2.50. Visit: www.explorationsv.com/
- **Gandy Pool**— 404 Imperial Blvd., \$3.00 per visit. Dive-in movies and swim on Friday nights. 863-834-3157.
- **First Friday Downtown Lakeland**— A Free monthly celebration in Downtown Lakeland from 6:00 PM— 9:00 PM. Stores stay open late — entertainment and activities. Visit: www.downtownlakelandfl.com/
- **Edgewood Park**—Common Ground Baseball, football, playground (Handicap Accessible), soccer field, restrooms, 7 racquetball courts, 16 lighted tennis courts, 1 picnic pavilion; 17.7 acres, 1000 E. Edgewood Drive. Visit: www.lakelandgov.net/parks/parklisting.html which lists all parks in Lakeland.



FUN - FUN - FUN



FOR THE WHOLE FAMILY!

BLUEBERRY SALE UPDATE



The NAMI Polk Annual Blueberry Sale is planned for late May. Follow us on Twitter @NAMIPolk to get up to the minute information. If you are interested in purchasing some of these delicious blueberries, please email us at namipolk@juno.com and type "Blueberries" in the subject line of your email. We will add your name to our list and contact you via email with the cost, dates, times and locations.

The blueberry sale benefits the work of NAMI Polk County, a United Way of Central Florida partner agency.

MENTAL HEALTH EVENTS

May is "Mental Health Month,"

July is "Minority Mental Health Month"

October 2–8, 2011 is "Mental Health Awareness Week."

Current Resident or

National Alliance on Mental Illness—Polk County

Page 4



Please enroll me as a member of NAMI

Fee includes membership to NAMI National, NAMI Florida and NAMI Polk and is valid for one year from enrollment date.

Membership fee enclosed: \$50 Member (Family or Friend) \$5 Consumer \$75 Professional Membership

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ E-MAIL _____

NAMI is a non-profit organization. Your tax deductible contributions help ensure the continuation of the vital services NAMI provides to the community. Gifts of all sizes are welcome !

Professional members will receive an additional membership form which requests detailed professional information.

Please make checks payable to: NAMI Polk County, Inc. and mail to : NAMI Polk, 1090 US Hwy 17 South, Bartow, FL 33830-6026