



NAMI
National Alliance on Mental Illness

Polk County

News & Views

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Mental Illness Awareness Week (MIAW) is an opportunity to learn more about serious mental illnesses such as major depression, bipolar disorder and schizophrenia. The annual observance, celebrated during the first full week of October, affords an excellent opportunity for networks of consumers/survivors and other advocates to bring home important messages about dignity, recovery, social inclusion, and opportunity as a right for all people with behavioral health conditions.

Mental illnesses are medical illnesses. One in four adults experiences a mental health problem in any given year. One in 17 lives with serious, chronic illness. On average, people living with serious mental illness live 25 years less than the rest of the population. One reason is that less than one-third of adults and less than one-half of children with a diagnosed illness receive treatment.

Some improvement has been made in the public's understanding of behavioral health. More people recognize that recovery from mental health and substance use problems is possible. However, misconceptions, prejudice, and discrimination are still far too common.

Stigma is still a major barrier to people seeking help when they need it. It is important for people to understand mental illness better and become involved in a community dialogue. The more people know, the better they can help themselves or help their loved ones get the help and support they need.

When mental health care isn't available in a community, the results often are lost jobs and careers, broken families, more homelessness, more welfare and much more expensive costs for hospital emergency rooms, nursing homes, schools, police and even courts, jails and prisons.

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And



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National Depression Screening Day

This year's theme is "Not All Wounds Are Physical". Winter Haven Hospital's Centers for Psychiatry and Behavioral Health are offering the community two opportunities to complete a brief depression screening and speak to a Mental Health professional at no cost. Screenings will be done on Wednesday, October 5, 2011 at Winter Haven Hospital's Regency Medical Center for Women from 9 AM until 3 PM in the Day Surgery Lobby and Thursday, October 6, 2011 in the Grand Lobby of Winter Haven Hospital from 9 AM until 3 PM.

For more information call 863-297-1702.

FAMILY Support GroupsLakeland Family Group

Currently meeting every other Thurs. at 6pm—St. David's Episcopal Church on Edgewood.

Lake Wales Group

New leadership Needed
To volunteer call the NAMI office

CONSUMER GroupsBartow BHC Group

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

Winter Haven Groups

Sweet Center at 1201 First Street S. Winter Haven

Wednesdays - NAMI Connections @ 12pm—2pm, and the Peer recovery Group @ 2pm-3:30pm
Leaders: Elizabeth, Randall and Lamar

Thursdays - Peer to Peer educational class is meeting 6:30 - 8:30 pm beginning 9/29 - 12/1/11. Facilitated by Lisa, Lori, and Elizabeth. Contact 533-4411 for more information

Lakeland

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

1. *Panic & Anxiety Mon. 3pm*
2. *Depression & Bipolar Support (DBSA) 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.

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**STRESS OF CAREGIVING
Self Care: 7 Vital Types of Self-care**

Physical self-care involves getting active, eating well and taking care of your physical health. Get involved in physical activities that you enjoy. Listen to your body's hunger and fullness cues. Keep your scheduled doctor's appointments and visit the doctor when you feel you might be sick.



Emotional self-care means you identify accept and express your feelings. Find an outlet. It could be sewing, drawing, landscaping or music. It should be something you enjoy doing. If you are struggling, don't hesitate to see a therapist.

Spiritual self-care is an ongoing search for meaning and understanding in life. It's exploring and expressing our beliefs and values. It's also understanding our place in the universe and connecting to a larger purpose.

Intellectual self-care involves critical thinking, an interest in ideas and creativity. You can approach this type of self-care in many ways. For instance, you might focus on career development or your favorite creative pursuits.

Social self-care means nurturing relationships with people outside of your immediate family. Relationships are actually critical to our quality of life. Research shows that friendships become especially important over time due to challenges we may face in our senior years.

Relational self-care is strengthening relationships with significant others, kids, parents and other family members. Daily interactions with family also greatly affects people's health.

Safety and Security self-care involves being proactive about ensuring personal safety, understanding your finances and having health insurance. Many people wait until they experience a threat or breach of safety to evaluate their situation.

Remember: No matter how busy you are with your caregiver duties, you deserve to feel happy, healthy and fulfilled.

This article was copied from PsychCentral. For more information, please visit: <http://blogs.psychcentral.com>

Crisis Intervention Team (CIT)

If you have heard of the Crisis Intervention team or CIT, you might wonder what it does. CIT is a model program designed to improve the outcomes of police interactions with people with mental illnesses. The Polk County Sheriff's Office offers training to selected officers, including officers from local municipalities.

CIT is a community collaboration, not just a training program. CIT officers are trained to prevent crises, and to de-escalate a crisis when it occurs. But, CIT is not just training. CIT is only effective when law enforcement, the mental health system and consumer and family advocates collaborate to make sure that when officers divert someone, the treatment system is willing and able to provide appropriate treatment.

CIT works for law enforcement. CIT provides officers tools for responding more safely and compassionately to people with serious mental illness. CIT gives officers options other than arrest and incarceration when they encounter people with mental illness. It improves public safety and reduces officer injuries, while reducing the amount of time officers spend dealing with mental disturbance calls. CIT officers report that they are more satisfied with CIT than with other jail diversion approaches.

CIT works for consumers. CIT improves consumers' safety: through the use of de-escalation techniques, officers can help prevent a crisis from deteriorating to the point where the use of force is likely. When they encounter a CIT officer, consumers are more likely to be transferred to treatment, to stay out of jails and emergency rooms, and receive treatment in the community.

CIT frees up public resources. By diverting people with serious mental illness from jails, CIT helps ensure that jails are used to incarcerate criminals, not people who require treatment. CIT also saves public resources by preventing people from deteriorating to the point they are incarcerated or require costly emergency services. Finally, CIT saves police time and money by creating an efficient system for transferring people from law enforcement custody to mental health treatment.

When a mental health crisis develops, call 911 and ask for a CIT officer to be sent to the site.

NAMI 2011 Annual Meeting set for December in Orlando

NAMI Florida's 2011 Annual Meeting & Conference, "Better Together," will be Friday, December 2 through Sunday, December 4 at the [Sheraton Orlando Downtown](#), 400 W. Livingston St., in Orlando.

A wide range of topics in the areas of mental health and substance abuse treatment will be on the agenda. CEUs will be offered for CAPs, CAAPs & Peer Specialists.

The special conference room rate is \$99 per night. To reserve your room at this rate, call the hotel at (407) 843-6664, and tell the reservations clerk you are attending the NAMI Florida Conference. Reservations must be made by November 2 for the conference room rate.

The conference registration fee is \$75 and includes CEUs, as well as lunch on Saturday and breakfast on Sunday.

To reserve your spot at the conference, please download and complete the [registration form](#).

You can submit the form as an attachment by email to bet-together@namiflorida.org or fax to 850-671-5272 or mail to NAMI Florida, 1030 E. Lafayette Street, Suite 10, Tallahassee, FL 32301.





Too much Facebook???

Does it put kids at higher risk for mental illness?

For decades kids were told that too much TV would "rot their brains." While the science behind that claim was probably never substantiated, some researchers believe that there's a new culprit that could be doing a lot more damage than a childhood spent camped out in front of the television set.

Not surprisingly, it's the social media outlets like Face book that have become the new target. Used properly, these sites can be useful tools, keeping friends and family in touch and allowing businesses to connect with their customers and make them aware of important developments.

However, according to Larry D. Rosen, PhD, professor of psychology at California State University, Dominguez Hills, these outlets have "altered the landscape of social interaction," especially for young people. It's an effect, he says, that "nobody can deny."

"We are just now starting to see solid psychological research demonstrating both the positives and the negatives," Rosen said during his [presentation](#), titled "Poke Me: How Social Networks Can Both Help and Harm Our Kids," at the 119th Annual Convention of the American Psychological Association.

Rosen discussed potential adverse effects, including:

- ✦ Teens who use Facebook more often show more narcissistic tendencies, while young adults who have a strong Facebook presence show more signs of other psychological disorders, including antisocial behaviors, mania and aggressive tendencies.
- ✦ Daily overuse of media and technology has a negative effect on the health of all children, preteens and teenagers by making them more prone to anxiety, depression, and other psychological disorders, as well as by making them more susceptible to future health problems.
- ✦ Facebook can be distracting and can negatively impact learning. Studies found that middle school, high school and college students who checked Facebook at least once during a 15-minute study period achieved lower grades.

However, Rosen also said the research found positive influences linked to social networking, including:

- ✦ Young adults who spend more time on Facebook are better at showing "virtual empathy" to their online friends.
- ✦ It can help introverted adolescents learn how to socialize behind the safety of various screens, ranging from a two-inch smartphone to a 17-inch laptop.
- ✦ It can provide tools for teaching in compelling ways that engage young students.

Rosen is one of many mental health professionals weighing in on the potential consequences of social media, and whether they outweigh the perceived benefits.

For more information please visit www.behavioral.net

AFFORDABLE FAMILY FUN



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

Downtown Farmers Curb Market — 200 N. Kentucky Avenue. Every Saturday between 8am and 2pm and every Wednesday from 11am to 3pm.

Free outdoor movie experience: Lake Mirror in Downtown Lakeland. Grab a blanket, pack a picnic dinner and head out for a Friday night under the stars to enjoy your favorite movies on a giant outdoor screen. <http://picsonthepromenade.com/>

Lake Hollingsworth— a great place to ride bikes, walk or roller skate.

College and High School Sporting and Theatrical Events

Colt Creek— 16000 State Rd. 471, Lakeland (863) 815-6761—Fishing and Hiking. (Florida State Parks— <http://www.floridastateparks.org/default.cfm>)

FALL FUN FOR THE ENTIRE FAMILY!!



NAMI Polk County Website Has a New Look!

Thanks to Jeremy Shick at ShickWebDesign, LLC, NAMI Polk County now has a redesigned website. You can still view our newsletters and research information about mental illness and treatment options, but you can also check out the calendar for educational classes and support groups in your area. You can also go through PayPal to become a member, renew your membership or make a donation to NAMI Polk County. Check us out at www.namipolk.com .

Current Resident or

National Alliance on Mental Illness—Polk County

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National Alliance on Mental Illness

NAMI Polk County

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 _____

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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