



nami
National Alliance on Mental Illness

Polk County

News & Views

A Monthly Publication of NAMI Polk County, Inc.

Volume 1: Issue 0711

Summer 2011

Inside this issue:

Able Trust Award	1
New Family Support Group	1
Caregiver Strategies	2
Did You Know?	2
Membership Drive	2
Children's News	3
Reminders	3
Membership Form	4

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United Way
of Central Florida

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NAMI Peer Specialist 2011 Able Trust Ability Award Recipient



On June 10, 2011, Joyce McInerney received the 2011 Able Trust Award for Adult Leadership. Joyce was also the recipient of the 2010 NAMI Outstanding Facilitator Award and the 2010 Florida Peer Specialist of the Year Award.

Joyce works full-time for Peace River Center on the FACT team as a peer specialist and is also on the NAMI Polk County Board of Directors. Joyce is a Peer to Peer Facilitator, NAMI Connections Facilitator, State Trainer for In Our Own Voice, NAMI CIT presenter and a Partners In Crisis member. Joyce is also on the Recovery and Resilience Taskforce, co-founder of PERK (Peer Employment Recovery Kompany), and co-founder and mentor of Peer Recovery Program at Winter Haven Hospital.

Joyce will be a presenter at this year's Florida Community Mental Health Conference in August.

Congratulations Joyce!

New Family Support Group

As one of NAMI's central missions, support groups are the backbone of grassroots outreach to family caregivers coping with the stresses of loved ones with serious and persistent brain disorders. NAMI Polk County will host a Family Support Group at St. David's Episcopal Church on Edgewood Drive in Lakeland beginning August 18, 2011.

For more information and to register for the group please contact the NAMI Polk County office at (863) 533-4411.

FAMILY Support Groups

Lakeland Family Group

The next Family Support Group will begin August 18th, 6:00–8:00 pm Thursdays in the Media Room at St. David’s Episcopal Church. Leader: Tere Saunders

CONSUMER Groups

Bartow BHC P2P Group

Classes started on June 29, 2011 at the Courthouse in Bartow. Leaders: Joyce McInerny and Shonaye Green

Winter Haven Groups

Wednesdays—NAMI Connections @ 12pm–2pm, NAMI Support Group @ 2pm-3:30pm 1201 First Street S. Winter Haven Leaders: Elizabeth, Randall and Lamar

Lakeland

Peer to Peer and NAMI Connection Support groups are in the planning phase. Contact the NAMI Polk office for more information.

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

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STRESS OF CAREGIVING

Self Care: Don’t Fall Into The Taffy Trap

Caregivers can easily fall into the “Taffy Trap” ... being pulled in too many different directions at once. No caregiver can do it all, all the time. And if you try, you are likely to become ill yourself.



What are the benefits of self care?

- ◆ The likelihood of a longer, happier and healthier life;
- ◆ The capacity to be a better caregiver;
- ◆ Improved relationships, with both yourself and others;
- ◆ A strong foundation from which to live a joyful life.

What are some signs you need a serious dose of self care?

- ◆ A feeling of being pulled in too many directions;
- ◆ An unrelenting sense of over responsibility;
- ◆ Resenting the person you care for;
- ◆ An inability to say no when you should;
- ◆ Isolating yourself from others;
- ◆ Suffering from depression and sadness;
- ◆ Physical changes such as high blood pressure and insomnia;
- ◆ Becoming accident prone ;
- ◆ Having no idea what your own needs are!

Now is a good time to: get organized, prioritize, lower your standards, find shortcuts that make you feel better, (less is more - get rid of clutter).

Copied from: The Family Caregiver Summer 2011 Newsletter

DID YOU KNOW ?



Federal Pell Grants are available if you are taking classes as part of a program that leads to an undergraduate degree or certificate. The Federal Pell Grant Program is a need-based program and the amount a student is eligible for is determined when you complete a Free Application for Federal Student Aid (FAFSA). Federal student aid, including Pell Grants can be used to cover a variety of costs, generally including:

* Tuition and fees normally assessed;
 * Books, supplies, transportation, and miscellaneous personal expenses.
 * Living expenses such as room and board; and
 * An allowance for costs expected to be incurred for dependent care for a student with dependents.

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- * Books, supplies, transportation, and miscellaneous personal expenses.
- * Living expenses such as room and board; and
- * An allowance for costs expected to be incurred for dependent care for a student with dependents.

A free publication is available: *Funding Education Beyond High School-The Guide to Federal Student Aid.*

Visit: www.federalstudentaid.ed.gov

To complete a FAFSA online, visit: <http://www.fafsa.ed.gov/>

You may also call: 1-800-4-FED-AID for additional information.

Membership Drive

NAMI Polk County and its Board of Directors thank you for your interest and support of the organization. You receive this newsletter because you expressed an interest in this organization. If you support the mission and activities of NAMI Polk, and you are not a member, please complete the membership form on the back page of this newsletter and send it in with a check or money order.

Your membership supports key NAMI programs such as Peer to Peer, NAMI Connections, Family to Family, and Parents and Teachers as Allies. It also helps NAMI Polk offer new programs such as Hearts and Minds, a program focused on the connection between mental and physical wellness.



Your membership enables NAMI Polk to bring information about mental illness and coping strategies to consumers and caregivers. You make it possible for NAMI Polk to respond to persons who call for information about how to help loved ones who are experiencing a crisis. NAMI Polk sends out informational pamphlets and refers persons to local mental health providers. Help us help others by renewing your membership or joining the cause.



Tips for Parenting with a Mental Illness

Parenting is a difficult job and a juggling act no matter what. It requires balancing your own needs with those of your child. For parents coping with a mental illness, “these issues are amplified,” said Ryan Howes, Ph.D, psychologist, writer and professor in Pasadena, California. There are many things you can do to parent well while coping with mental illness. Here are some tips to help:

- **Focus on the whole family.** Mental health is family health which means paying attention to each other’s wellbeing. Watching for red flags in kids becomes especially important because research shows that kids with parents with serious mental illness are at risk for developing mental illness themselves, both due to genetic and environmental issues.
- **Engage in treatment.** Even if you don’t seek help or get better for yourself, do it for your kids. Remember that acknowledging that you need help and seeking help are signs of strength.
- **Connect with others.** Mental illness can be isolating. But isolation is detrimental to both parents and kids. All the experts emphasize the importance of surrounding yourself with supportive individuals, whether that’s family, a spiritual leader, school counselor, mental health professional or parents with similar experiences. Connect with people who understand your circumstance and respect who you are and your goals for your family.
- **Troubleshoot.** Think through the way your illness makes you think, feel and act. This helps to anticipate the times when you’re not thinking clearly and to be ready in the moment to keep your child safe, she said.
- **Create a crisis plan.** During a calm time, sit down with your therapist or doctor and establish a plan of action for emergencies, such as being admitted to a hospital. Consider concerns like where your kids will stay and how will they go to school.
- **Enroll kids in activities.** While it can be tough keeping up with everyone’s schedule, especially when you’re running to your own appointments, getting kids involved in extracurricular activities can be beneficial. This gives kids another opportunity to connect with healthy peers and adults.
- **Attend to your needs.** Learn to understand your illness, its triggers and cycles, and apply this knowledge to your schedule.
- **Recognize your strengths.** When you’re struggling with a mental illness, your strengths are the last thing on your mind. Especially if you suffer from depression. But try to celebrate your strengths (e.g., list three things you like about yourself).
- **Practice your passions.** Both parenting and mental illness can be all-consuming, Engage in activities that go beyond the roles of parent and patient, whether that’s exercise, creativity, travel, learning or whatever reinforces the unique parts of your identity.

Read the unedited article at: <http://psychcentral.com>

AFFORDABLE FAMILY FUN



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

- **Polk Museum of Art**— 800 East Palmetto Street, Lakeland, FL 33801 (863) 688-7743 or (863) 688-5423 for class tours. Admission: \$5 general, \$4 seniors, students and children under 5 FREE!
- **Favorite Playgrounds:** Barnett Park—corner of Lake Ave. & Orange Ave, downtown near Lake Mirror; Dobbins Park—Ariana Street next to Dixieland Elementary; Peterson Park—off Cleveland Heights (turn down the road between the YMCA and Cleveland Heights Animal Hospital); Lake Bonny Park—Hwy 98 across from Lakeland High School.
- **Quality Family Time**— Family Game Night, Movie Night or Big Breakfast Sundays. Spend quality time with your family—rent DVDs, play games or plan a Big Breakfast Sunday outing.
- **Indoor Playhouses**—Take the kids for a visit to Chuck E Cheeses and McDonald’s inside playhouses for loads of fun.



**SUMMER FUN FOR
THE ENTIRE
FAMILY!!**



Save Some Trees

NAMI Polk County is committed to bringing you information about its services and programs in addition to offering articles that we hope are of interest to you.

Please let us know if you want to continue to receive the **News & Views** newsletter, by calling 533-4411 or emailing us at namipolk@juno.com. If you prefer to receive the newsletter by email, let us know.

If you no longer want to receive the newsletter let us know so we can remove your name from our mailing list.

MENTAL HEALTH EVENTS

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



National Alliance on Mental Illness

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