



Polk County

News & Views

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Winter 2011

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NAMI Polk Members Present “In Our Own Voice”

NAMI Polk members, Joyce McInerney and Linda Gibson, recently gave an In Our Own Voice presentation at the NAMI Florida Annual Meeting and Conference in Orlando, Florida. In Our Own Voice (IOOV) is a unique public education program developed by the National Alliance on Mental Illness (NAMI), in which two trained consumer speakers share compelling personal stories about living with mental illness and achieving recovery.

Joyce McInerney, a NAMI Polk Board member and an employee of Peace River Center’s FACT team, stated the presentation “makes it easier to tell your story.” Joyce also noted that “sharing my story puts a face on mental illness that is more positive than what shows up in the news.”

Linda Gibson said the format provides more structure to her story of mental illness and recovery thus making it easier to share her message. After the presentation, Linda reported brisk sales of her book - ***Bi-polar Disorder: Beyond the Silence***. Several people approached Joyce and Linda about coming to their counties to offer the presentation to groups in the area.

Congratulations Joyce and Linda! We are proud of you!

NAMI Polk County Welcomes New Board Members

NAMI Polk County would like to welcome three new board members, Lawrence A. Rankin, PhD, Lynn M. Repetosky, LMHC, and Sgt. James Rice.

Ms. Repetosky is employed at Peace River Center as Team Leader of the FACT Team and has worked at Peace River since 1994. We are pleased that she agreed to join the Board.

Dr. Rankin is a retired minister of the United Methodist Church and grew up in a missionary family. He has served on the NAMI Board as President in prior years and NAMI Polk is glad to have him back.

Sergeant Rice works for the Polk County Sheriff’s Office and oversees the In-mate Work Program. In addition, he facilitates training of deputies for the Crisis Intervention Team. He has extensive experience in mental health and also served on the NAMI Board in the past. It is good to welcome him back.

Supported by:

*Publix Super Markets Charities
The City of Lakeland
NAMI Polk Members and Donors
And*



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FAMILY Support Groups**Lakeland 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 Groups**Bartow 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.

NAMI Polk County Board of Directors

Diana Arthur, Pres.
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Lynn Repetosky, MA
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Joyce McInerney, CRPS-A
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Elizabeth Newton
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For Caregivers : Tips on Managing Holiday Stress

In the best of times, the Holiday Season creates stress for most of us. If you are a caregiver, you may find your stress levels becoming unmanageable. The following suggestions can assist you in keeping your stress under control so you can enjoy the Holidays.



- ⌘ **Holiday Traditions.** If you feel like doing something special and are anticipating it joyfully, then by all means do it. However, holding on to family traditions out of a sense of obligation can increase stress for everyone, but it doesn't have to be that way. Enlist family and friends to help out.
- ⌘ **Shopping.** Nowadays there are many options to shop for food and gifts without leaving home. Using the internet and catalogues can save time and effort; or, if you would rather go out, use them for ideas about what to give to those on your list. That way you know exactly where to go and what to get.
- ⌘ **Moderation.** Almost everyone tends to overindulge during this season. There are many temptations this time of the year; don't feel as if you can't indulge yourself - just don't overdo it. Too much of a good thing can soon turn sour.
- ⌘ **Be prepared.** If something unexpected happens, and it probably will, what can you do? If you can change the situation go ahead. If you can't, accept it and move on. You cannot control life no matter no matter how carefully you have planned it. Try to keep your sense of humor.
- ⌘ **Make time for exercise and relaxation.** Walking several times a week helps release frustrations and clears your head. Music playing in the background can be relaxing or energizing, just be mindful of how it affects you and others in the house. Sometimes silence is even better.
- ⌘ **Indulge your senses.** Even if you don't have the space, time, or energy to decorate your home, you can add some festive touches. Candles, plants, flowers, or a few beloved decorations can add to your enjoyment.

Planning ahead for during this time of year is imperative. You may need to arrange for respite care for your loved one.

It can be done. You can care for your loved one, attend to your daily activities, and enjoy the holidays. We all do what we can, and no one should expect more than that.

**Callouts**

NAMI Polk County would like to recognize the following donors:

- ⌘ The Community Foundation of Greater Winter Haven - Eunice Lee Fuller Fund
- ⌘ The Lakeland Presbyterian Apartments Residents Association - In memory of Ruth Frey
- ⌘ John and Cheryl Scott - In memory of Ruth Frey

Thank you for your generosity in supporting the organization.

New Report Released on Utilization of Medication for Treatment of Mental Illness

Released on November 16, 2011 by Medco Health Solutions, Inc, *America's State of Mind Report* examines trends in the utilization of mental health-related medications among the insured population. The research reviewed prescription drug claims of over two million Americans to assess the use of antidepressants, antipsychotics, attention deficit hyperactivity disorder drugs and anti-anxiety treatments between 2001 and 2010.

The Report provides revealing insights into the utilization of mental health treatments along gender lines, age groups and geography, as well as changes that have occurred over the decade.

Overall, the number of Americans on medications used to treat psychological and behavioral disorders has substantially increased since 2001; more than one-in-five adults was on at least one of these medications in 2010, up 22 percent from ten years earlier. Women are far more likely to take a drug to treat a mental health condition than men, with more than a quarter of the adult female population on these drugs in 2010 as compared to 15 percent of men. Women ages 45 and older showed the highest use of these drugs overall. Yet surprisingly, it was younger men (ages 20 to 44) who experienced the greatest increase in their numbers, rising 43 percent from 2001 to 2010.

The trends among children are opposite those of adults: boys are the higher utilizers of these medications overall but girls' use has been increasing at a faster rate.

To read the full report, go to <http://medco.mediaroom.com>.



Affordable Fun in Polk County

Christmas at Bok Tower Gardens, located in Lake Wales, is an event not to be missed. Visitors return year after year to capture the holiday spirit during the annual Holiday Home Tour at Pinewood Estate. This year, in addition to the Holiday Home Tour, they've expanded one of Central Florida's favorite holiday events to include many more festivities throughout the Gardens.



Central Florida designers and volunteers will bring Oscar-winning films to life in the 20-room Mediterranean-style that was built in the early 1930s with Olmsted-designed gardens and is listed on the National Register of Historic Places. Some of the movies that will be featured included "White Christmas," "How the Grinch Stole Christmas," "Blue Hawaii," "Love Actually," "Christmas in Connecticut" and "Out of Africa."

Christmas Combo Admission

Bok Tower Gardens and Pinewood Estate Tour
Adult - \$18 Children (5-12) - \$9

Valid from November 25 – January 1

For more information go to

<http://boktowergardens.org/tickets>



"Mental illness is nothing to be ashamed of, but stigma and bias shame us all." ~ Bill Clinton, 42nd President of the United States (1993-2001) b. 1946

Current Resident or



National Alliance on Mental Illness—Polk County

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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