



NAMI
National Alliance on Mental Illness

Polk County

News & Views

A Monthly Publication of NAMI Polk County, Inc.

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Social Security Application Training Planned



For the second year NAMI Polk County will host a free specialized training for consumers and their families to help them through the Social Security application process. Statistics show that people diagnosed with mental illnesses make up the largest disability group

receiving social security benefits. Even so, the application process can be overwhelming and many consumers who begin the process find it hard to complete.

The target audience for this training is individuals who have a disabling mental illness such as depression, schizophrenia, bipolar disorder or any other severe mental illness that is medically diagnosable. Those eligible to attend the training must live within the city limits of Lakeland and may bring a friend or relative to assist them.

Participants will receive a detailed book and personal instruction on the Social Security application process. This application method routinely produces faster results with a high approval rate for applicants,

without the need of consulting an attorney. The training will last all day, October 12 and will be held at a location to be determined in Lakeland.

Lue Richardson, a SOAR trained instructor from Peace River Center, will lead participants through an in depth application course. Participants will not complete the application process during the training, but will learn how to gather the documents and answer the questions needed to complete the application.

The class is limited to 20 participants with preference given to those living within the City Limits of Lakeland. All others wishing to participate will be put on a waiting list and will be included as space allows. To register or for more information call NAMI Polk County at 863-533-4411.

The training is offered in collaboration with Peace River Center, the City of Lakeland and United Way of Central Florida.



BEHAVIORAL HEALTH COURT, WHAT'S THAT?

If you have kept up with local mental health news via this newsletter, you have read about Polk County's Mental Health Court many times over the past three years. Now three years old, this court system is still evolving and thanks to dedicated leaders it continues to improve.

On July 29, 2010 Chief Judge David Langford issued Administrative Order NO. 2-73.1 which states, in part, "WHEREAS, in an effort to lessen the stigma of the title "Mental Health Court" on program participants, it is necessary to change the name of the program from "Mental Health Court" to the "Polk County Behavioral Health Court".

Behavioral Health Court is a voluntary specialty court for individuals facing misdemeanor charges and who have an Axis I mental disorder. Referrals to BHC can be made by contacting the NAMI office or by contacting Anita Sullivan, BHC Coordinator at 863-534-7785.

**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

Young Families Parent Group

Sept 13;6:30pm
1st Presby. Church, room 321
175 Lake Hollingsworth Dr.
Leader is Joni Smithson, LMHC
See article to the right.

CONSUMER Groups:

Kids Support Group

Sept 13;6:30pm
1st Presby Church
175 Lake Hollingsworth Dr.
Leader: Melissa Brown, LCSW

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: Joyce, Randall
Elizabeth and Lamar

Lakeland

The three Support Groups listed
below 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 info 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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KIDS AND PARENTS JUST WANNA HAVE FUN!

At a kick-off party for the Kids and Parents Support Groups August 30, thirteen kids and their parents gathered at Family Fun Center in Lakeland for pizza, fun and games. The kids began the evening by playing arcade games and were later joined by their parents in putt-putt golf and other fun activities. Kids Support Group leader, Melissa Brown led the group in a scavenger hunt designed to encourage social interaction between the kids and adults.

Parents and Kids Support Groups begin on Monday, September 13 in a new location at First Presbyterian Church located at 175 Lake Hollingsworth Dr. in Lakeland. The parent group will meet in room 321 and the Kids will meet in the room adjacent to Little Shepherds Preschool. The groups will begin at 6:30pm and last one hour.

The Kids Group is open to school age children under the age of 18 who have behavior problems or are diagnosed with a mental disorder such as ADD, ADHD, bipolar or similar disorders. The parent group is open to any parent of a child with a behavior disorder. Any child attending support group must be accompanied by an adult caregiver also enrolled in the parent group. Parents may attend without their child, but children must be accompanied by a parent in order to attend group. The theme of this year's Kids Group is Friend Builder. The theme for the parents is Family Fun.

This year these groups will meet twice a month on the 2nd and 4th Monday nights of each month. Mental health professionals Joni Smithson, LMHC and Melissa Brown, LCSW will lead the groups. Group meetings are free of charge but the size is limited, so registration is required. For more information and to register please call the NAMI office at (863) 533-4411..

Come join us for a year of fun for all. We have big surprises in store—you don't want to miss it!
Funding for this program provided in part by Disney Helping Kids Shine Grant, the Community Foundation of Greater Lakeland and United Way of Central Florida.



NEW MEN'S TRANSITION CENTER OPENS IN POLK COUNTY

Located in Bartow, *Hope Now* is a new 96 bed transitional housing program for men who are returning to the community from jail. The goal of *Hope Now* is to help men coming from incarceration to successfully reunite with their families and to become productive citizens in the community.

The men are offered an intense re-entry experience that is designed to foster confidence and help develop independence once back in the community. Included is a job skills training program as well as job placement assistance and a career training center. The program also offers a full array of in-depth mental health screenings, drug addiction counseling with group and individual therapy sessions available with licensed professionals on staff.

This 12 month program is a residential program for men recently released from prison or jail and who have completed a substance abuse treatment program while incarcerated. Other men may be considered for acceptance upon a comprehensive review.

The program includes faith based elements and was begun by founder, Ed White who served as a pastor for over 25 years. Advisors for *Hope Now* include Dr. Donald Pratt, PhD, Sheriff Grady Judd and Lynne A Breidenbach. Counseling staff includes Dr. James C. Lumberson, PhD, Dr. Lorna

Thomas, PHD, LMHC, CAP, and Dr. D Lee Spell, DCC, LCCC.

There is a monthly fee of \$1200 associated with participation in *Hope Now*, but some scholarships are available. For more information contact Todd Knaack, Executive Director of *Hope Now* by calling (863) 860-7779 or email info@hopenowfl.org

Circuit 10 Recovery & Resiliency Task Force

is a workgroup made up of dedicated consumers of Behavioral Health services, their families, providers of services and other community stakeholders who share information with each other and provide input to the Department of Children and Families local Substance Abuse and Mental Health program office. The meetings are held at the Jeanene Brown Drop-In Center, 2326 E. Edgewood Dr, Lakeland FL.

Upcoming meeting dates are:

October 11, 2010
December 13, 2010
February 14, 2011
April 11, 2011

Meetings are from 10:15am-12:00pm.

All are welcome to attend! Questions? Contact Chairperson Adam O'Connor, CPRS-A by email: aconnor@tchsonline.com

Or write: A. O'Connor, Tri-County Human Services, 1815 Crystal Lake Drive, Lakeland FL 33801

An Invitation to Consumers from the Council on Social Work Education:



Participation is requested for a confidential focus group or telephone interview with consumers of mental health services about the incorporation of the mental health recovery model in the social work profession. Over the next few months, the Office of Social Work Education and Research at the Council on Social Work Education will also interview referred and randomly selected social service agency leaders, consumers of mental health services, faculty and field directors in schools of social work, social work practitioners, and students to gauge awareness and perceptions of the model.

The Recovery to Practice project is a 5-year effort through a SAMHSA subcontract to develop, implement, and evaluate a curriculum to raise awareness among social workers of the mental health recovery model. The first year CSWE is creating a situational analysis of the awareness of recovery, including data collection from various document sources as well as through interviews and focus groups with the constituencies stated above.

The conference call focus group, on Wednesday, September 8, 2010 at 2 p.m. EST, should last 1 hour and will cover interviewees' backgrounds, the concept of recovery, and recovery in the social work profession / social work programs. The interview dates are flexible and should last 30 minutes.

The input of consumer voices at this stage of the project will prove invaluable. In the next few days, you will receive a follow-up call from the research team at the Council on Social Work Education. At that time feel free to ask any questions about the project and confirm your participation—or feel free to reply to this email to confirm.

Please contact research associate Cynthia Williams with any questions about the Recovery to Practice initiative (cwilliams@cswe.org or 703-519-2079).

Interventions for Treating Abused Children

A professional and community workshop presented by:

Cristina Mantilla, MA, Executive Director Lifespan Services

Saturday, September 25, 2010

9:00 AM—12:15 PM

Cost varies: \$30-\$60

Lynan Professional Building

36739 State Rd 52, Dade City

CE's available

Contact Christine Conte at

cconte@lifespanservices.com or call at 727-847-0069

SUICIDE AND TEENS

LEARN FROM THREE RENOWN SPEAKERS

Renowned suicidology field leaders will be presenters in a Fall 2010 series of free national webinars sponsored by the State of WY Dept. of Health, with federal funding under GLSMA. To register find link at

<http://dmh.mo.gov/cps/issues/suicide/calendar.htm>

- Sep. 29th: **SCHOOLS AND SUICIDE: Latest and Best School-Based Strategies**, with Madelyn S. Gould, Ph.D., M.P.H. at Columbia University
- Oct. 12th: **THOSE LEFT BEHIND: Helping Students Who Have Lost a Peer to Suicide**, with David A. Brent, M.D., at Western Psychiatric Institute & Clinic and University of Pittsburgh School of Medicine
- Nov. 3rd: **CRISIS RESPONSE: When a Student Dies by Suicide**, with Scott Poland, Psy.D., Office of Suicide and Violence Prevention at Nova Southeastern University

Webinars are open to any adult who interacts with or influences policy affecting youths, such as school administrators, community youth services providers, student services personnel, school board members, education policymakers, community prevention coalitions, parents, law enforcement officers, and juvenile justice personnel.

Good Grief: Intervention for Supporting Bereaved Children & Adolescents

will be presented by Erica Serrine, LCSW, Assistant Professor of Social Work at Warner University

Social Work Program Director on September 23, 2010 from 1:30–4:30pm at First Baptist Church
410 E. Church St. Bartow, FL.

The workshop focuses on a child's cognitive, behavioral, and psychosocial functioning as impacted by the illness or death of a loved one. Examples of developmentally appropriate grief reactions, clinical interventions, memorialization techniques, and methods for explaining sensitive topics such as suicide and remarriage following the death of a parent will be explored. The fee for this workshop is FREE for NASW members, \$35.00 for non-members, and \$5.00 for student non-members.

To register contact NASW-FL at 1-800-352-6279.

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