



NAMI

National Alliance on Mental Illness

Polk County

News & Views

A Monthly Publication of NAMI Polk County, Inc.

Volume 0410: Issue1

April 2010

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Supported by:

Publix Super Markets Charities
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 And



United Way of Central Florida

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 www.namifl.org
 www.nami.org

New Peer to Peer Class Begins May 1

A Peer to Peer Relapse Prevention Class will begin Saturday, May 1 at 9:00am on the campus of Polk State College /USF Polytechnic in Lakeland.

The Peer to Peer class is for anyone diagnosed with a mental illness who wants to learn techniques for coping and relapse prevention. The class will be led by mentors who are well trained in managing their own illnesses.

One of the mentors who will lead the class is Adam O'Connor who also serves NAMI Florida as a state trainer who teaches other mentors how to lead the class. Adam will be joined by mentor, Randall Williams.

The course offers individuals with mental illness an opportunity for growth through a combination of lecture, interactive exercises and structured group processes. The diversity of experience among course participants affords for a lively dynamic.

The first class on May 1 will meet from 9am-12pm. Subsequent classes will meet only two hours each Saturday. Participants are asked to make a commitment to attend the weekly classes every Saturday May 1—June 26.

There is no cost for the class, but registration is required and space is limited. Call (863) 533-4411 to register and ask for the Peer to Peer Relapse Prevention class.

Parents and Teachers As Allies

Parents and Teachers As Allies

Parents and Teachers As Allies

Is your child experiencing

- ▶ Behavior Problems?
- ▶ Emotional Distress?
- ▶ Medication Issues?
- ▶ Trouble in School?
- ▶ Lack of Motivation?
- ▶ Feeling Hopeless?

Plan to attend
 Parents & Teachers As Allies Seminar
 May 1, 2010
 See more info on page 3

Parents and Teachers As Allies



Benefit Performance for NAMI Theater Winter Haven
 April 14, 7:30pm
 Place your order today
 \$15-\$20 donation suggested

Very funny yet touching, this play features four mentally handicapped & mentally ill men who live in a group home under the watchful eye of a sincere case worker. It is marked by compassion & understanding as it peers into the half-lit world of its handicapped stars. Ticket info 863-533-4411

**FAMILY
Support Groups**

Lakeland Family Group

1st & 3rd Thursdays, 7pm
St. David's Episcopal Church
Media Room
145 E. Edgewood Dr.

Lake Wales Group

New leadership Needed
To volunteer call the NAMI office

Young Families Parent Group

NEXT Meeting May 4
First Tuesday Each Month, 7pm
USF- Lakeland Campus
LTB Building, Room 1104
Leader: Joni Smithson, LMHC

CONSUMER Groups:

Kids Support Group

NEXT Meeting May 4
First Tuesday Each Month, 7pm
USF- Lakeland Campus
LTB Building, Room 1105
Leader: Melissa Brown, LCSW

Winter Haven Groups

Wednesdays 3-4:30pm 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.

**NAMI Polk County
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NAMI Basics Informs Parents

The NAMI Basics Education Course for the parents and caregivers of children with behavior problems and/or mental illness has just completed another class. Class members attended the six week course which met at the St. Stephen's Episcopal Church on Edgewood Drive in Lakeland. Instructors for the class were Loretta Freeman and Duana Dodd.

Class members are now planning a reunion picnic event that will include both parents and children. One student commented, "I got a better understanding of my child's behavior and how to handle it". When asked what was the most beneficial part of the class, one parent responded, "Knowing that I wasn't the only parent in this situation".

To join the next NAMI Basics class, please call the NAMI Polk County office and ask to be put on the list. Another class is currently being planned to begin soon. The class was funded with grants from the Community Foundation of Greater Lakeland, Publix Super Markets Charities and United Way of Central Florida.



Duana Dodd and Loretta Freeman lead NAMI Basics students.



Elizabeth Newton & Lamar Willis

NAMI Connection Gets New Leaders in Winter Haven

When the invitation to attend NAMI Connection Support Group training was issued, it didn't take long to get a reply. Both Elizabeth Newton and Lamar Willis enthusiastically accepted the invitation to become NAMI Connection support group facilitators.

Elizabeth and Lamar attended facilitator training in Maitland, FL, March 26-28. They both report that they learned a great deal and are especially inspired for their job of leading the Connection group.

NAMI Connection is a weekly recovery support group for people living with mental illness in which people learn from each others' experiences, share coping strategies and offer each other encouragement and understanding. Elizabeth and Lamar lead the Connection group on Wednesday afternoons at the Sweet Center in Winter Haven (see details at left). Joyce McInerny, Elizabeth and Lamar now share leadership for the Thursday night group which also meets at the Sweet Center (see info at left). We officially welcome our two new facilitators to our NAMI team!!

Parenting A Child with ADHD

Lakeland Regional Behavioral and Addiction Medicine Clinic is offering a free 4 week course on Wednesday evenings beginning April 21 through May 12 from 5-6pm. This course is for parents of children diagnosed with ADHD and will be led by Dr. Lucrecia Dore, Child and Adolescent Psychiatrist, LRMC. The address of the class is 500 South Florida Avenue, Suite 210.

Registration is required and can be done by calling (863) 687-1222. Registration is limited to the first twelve registrants. Please call and leave your name and phone number and ask for the "Parenting a Child with ADHD" class.

Legislative Activity

If you are interested in what is happening in Tallahassee during this legislative season you can follow the bills that affect persons with mental illness and substance abuse. Florida Partners In Crisis is keeping an up to date list on their website.

For a complete list of bills, go to <http://www.flpic.org/bills-watch-2010.php>

Click on the bill number to access current information and bill summaries. Bill actions are updated every 30 minutes via LobbyTools.

Polk Member To Become Statewide Leader
Adam O'Connor To Attend Training in St. Louis

Local NAMI Polk member, Adam O'Connor is scheduled to attend the NAMI Connection Train the Trainer event in St. Louis, Missouri later this month. Adam currently serves NAMI Florida as one of the statewide trainers for Peer to Peer and he will add to his leadership credentials by becoming a state trainer for NAMI Connection as well. Adam is a Certified Peer Recovery Specialist who works tirelessly in Polk County to educate people about recovery from mental illness.



Parents and Teachers As Allies Seminar

FOR PARENTS, TEACHERS, PRINCIPALS, SCHOOL RESOURCE OFFICERS & MENTAL HEALTH PROFESSIONALS

Recognizing & Treating Behavior Disorders in Children

Interventions : Home, School & Medical

ADD/ADHD • OCD • BIPOLAR • DEPRESSION • OPPOSITIONAL DEFIANT DISORDER • CONDUCT DISORDER • ANXIETY • MORE

SATURDAY, MAY 1, 2010; 8AM-3PM

FREE EVENT

JIM MILES PROFESSIONAL DEVELOPMENT CENTER

CYPRESS AUDITORIUM— 5204 U.S. HWY 98 SOUTH —LAKELAND

(ACROSS FROM PUBLIX SUPER MARKET & HIGHLAND CITY TOWN CENTER)

PRESENTATION TOPICS & INVITED SPEAKERS INCLUDE:

REACTIVE ATTACHMENT DISORDER

Liz Craig, LMHC (Invited)

PARENTING : INTERVENTIONS FOR USE IN THE HOME SETTING

Paul Suich, Ph. D.

TEACHERS: INTERVENTIONS FOR USE IN THE SCHOOL SETTING

Berney Wilkinson, Ph. D.

MEDICATIONS : UPDATE ON CURRENT TRENDS

Richard Marshall, Ph. D.

GROWING UP WITH MENTAL ILLNESS— CONSUMER PERSPECTIVE

Joy McInerney, CPRS-A, NAMI Board Member

PARENT PERSPECTIVE—TWO STORIES OF HOPE

Diana Arthur, Parent & NAMI Board Member

Janina Davis, Parent & Polk County School Teacher

Attendees will hear all presentations.

There will be an hour break for lunch. Eateries are located across Hwy 98 or bring a sack lunch.

- Speakers Include mental health experts, educators and parents of children with mental illness
- Professional development credit for teachers employed by Polk County Schools
- CEU's For Mental Health Professionals (call to verify CEU details)



Registration Form—Mail or email this form or call NAMI Polk County to register by phone—(863) 533-4411

Name _____

Address _____

City _____

Zip _____

Phone _____

Email _____

Please check all that apply:

Parent

Mental Health Professional seeking CE credit

Polk County School System teacher seeking professional development credit

Email Registration to namipolk@juno.com or

Mail registration to NAMI Polk County; 1090 U. S. Hwy. 17, S., Bartow, FL 33830

NAMI National Leader Dies Harriet Shelter

Harriet Shetler, whose wit and tenacious advocacy endeared her to NAMI members across the nation, died March 30 in Madison, Wis. She was 92.

She has often been considered NAMI's founder—although in fact, she was part of a larger movement.

With Beverly Young, also of Wisconsin, and more than 250 other grassroots leaders from around the country, Harriet convened a meeting in Madison in 1979 that resulted in the founding of the National Alliance for the Mentally Ill.

She went on to serve on the national board of directors, edit NAMI's first national newsletter and wrote unpublished histories of the first 10 years of the organization and some of its affiliates.

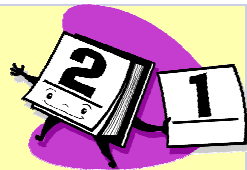


From the Madison meeting, individuals and families affected by mental illness have risen out of isolation, anxiety and anger to become a force to be reckoned with at local, state and national levels—challenging medical assumptions and the mental health care system.

The story of the historic Madison meeting is included in the documentary *When Medicine Got It Wrong*, which will be aired on many PBS stations in May 2010, during Mental Health Month.

SAVE THE DATE

MONDAY, MAY 17
7PM



NAMI Polk County
Annual Membership Meeting

Location to be announced

Not sure if your membership is up to date?

Call Jeanene at NAMI Polk County to find out.

(863) 533-4411

New Board Member Needed

NAMI Polk County has been truly blessed to have had Trisha Floyd serve on our Board of Directors as Treasurer for several years. Trisha now needs to move on and pass the baton to the next leader.

If someone you know is qualified to serve as treasurer and would be willing to volunteer their time by serving on the NAMI Polk Board of Directors, please contact Cathy Hatch or Brian Garrett to nominate that person. If you would like more information concerning the duties of a board member please call Cathy or Brian. (863) 533-4411



MentalHealthResourcesMentalHealthResourcesMentalHealthResourcesMentalHealthResourcesMentalHealthReso

SAMHSA's National Mental Health Information Center is a one-stop, national clearinghouse for free information about mental health, including publications, references, and referrals to local and national resources and organizations. SAMHSA offers hundreds of wonderful publications and they are mailed free of charge. Visit them on the web to see the many publications that are available <http://nmhicstore.samhsa.gov/>

NAMI Welcomes New Professional Member Dr. Kevin M. Kindelan

Dr. Kevin Kindelan is a psychologist who practices in Winter Haven. Kindelan And Associates offer counseling for children, adolescents, adults and older adults. Individual, family and marital counseling are available, as well as psychological and educational testing. Dr. Kindelan and his associates can be contacted by calling (863) 297-5463.

Dr. Kindelan joins NAMI Polk's other professional members: Curtis Cassidy, MD,PA; Anthony Conti, MA, LMHC; Mark Helm, MD; Richard Marshall, PhD; Glenda Morgan, MA, NCC, LMHC; Jeffery Reddout, PhD; and Anne Tyson, MD.

A more complete description of NAMI Polk's professional members can be found on our website www.namipolk.com, then click on their name.

Any mental health professional may join NAMI Polk County by filling out the membership form contained in this letter and returning it with the \$75 membership fee. Professional members are listed on the NAMI Polk website and have the opportunity to volunteer as guest speakers at NAMI Polk events. Please consider joining.

Hearts and Minds

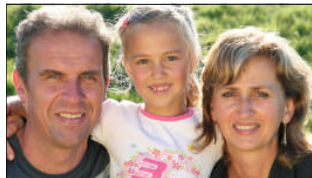
Did you know that people who live with mental illness are often at higher risk for heart illness and much of that risk is preventable. People who live with mental illness are more likely to have classic heart risk factors such as cigarette smoking, obesity, diabetes, elevated cholesterol and hypertension (high blood pressure) - all of which can be made worse by some antipsychotic medications.



Watson Clinic Cardiology in Lakeland is offering a free community lecture on Preventive Cardiology: Am I at Risk for a Heart Attack? John Canto, MD, MSPH will present information on Tuesday, April 20 at 6pm in Bella Vista Building, 1755 N. Florida Ave, 3rd floor Conference Room. Light Refreshments will be served. RSVP by calling 863-680-7500.

Parent / Kids Support Groups Now Meeting

NAMI's Parent and Kids Support groups continue to meet on the campus of Polk State College/USF Polytechnic in building LTB, rooms 1104-1105. These groups meet the first Tuesday night of each month at 7pm and are led by mental health professionals Joni Smithson and Melissa Brown. Kids play therapeutic games while parents share successes and challenges. These NAMI groups are supported by grants from the Community Foundation of Greater Lakeland and Publix Super Markets Charities. The May 4 meeting will be a planning meeting as we look ahead. Please join us!



Free Training for MH Professionals

The Florida Alcohol and Drug Abuse Association (FADAA) in conjunction with the Florida Department of Children and Families invite you to a FREE web-based process improvement training on families/women.

CEUs will be available for participating in this event, titled:

"Celebrating Families" - A Curriculum to Facilitate Recovery for Parents and Children Impacted by Alcohol and Drug Dependence

Presenter: Mr. Steve Hornberger

Date: Friday, April 23, 2010

Time: 10:00 a.m. – 11:30 a.m., EST

To register for this event, please click on or go to this link:

<https://fadaaevents.webex.com/fadaaevents/onstage/g.php?t=a&d=662655146>



Help DCF Substance Abuse & Mental Health Plan for the arrival of a **Managing Entity** in our community.

DCF invites everyone interested in Managing Entities to attend a Town Hall Meeting to ask questions and share ideas.

Thursday, April 15, 5-7pm; LTB Auditorium; USF Polytechnic, Lakeland. Call Travis Hobson at 863-534-7346 for more info.

Improving Transition Outcomes for Youth With Mental Health Needs Workshop

This is a professional development opportunity for professionals working with youth having emotional and/or behavioral challenges and preparing for transition to the workforce or postsecondary education. The training will be held on April 19 from 8:30am-12:30pm at the Jim Miles Center in Lakeland.

Speakers include Khush Jagus, SEDNET Statewide Director and Jordan T. Knab, ED.S., Project 10: Transition Education Network Director.

The training is sponsored by SEDNET District XIV Partners, Polk County Schools, DCF- SAMH Office, and the Dept of Juvenile Justice.

To register contact Amy Looker at Polk County School Board or email: amy.looker@polk-fl.net.

Trauma Informed Care Do You Know What It Is?

Florida Mental Health Institute will make a presentation on Trauma Informed Care at the Circuit 10 DCF office located at 1055 Hwy 17 N in Bartow.

Friday, April 30 from 9am-11am

Anyone interested in attending should contact Karen Bebnowski, Children's Mental Health Specialist, DCF Circuit 10—phone 534-7346 x 107 or email: Karen_Bebnowski@dcf.state.fl.us

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 _____

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