



NAMI

National Alliance on Mental Illness

Polk County

News & Views

A Monthly Publication of NAMI Polk County, Inc.

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Supported by:

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United Way of Central Florida

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 www.nami.org

Two Opportunities to Become a Consumer Leader

Giving to others can be an integral part of recovery from mental illness. Consumers who volunteer to lead NAMI support groups or become mentors who teach others the steps to relapse prevention often benefit the most. Being a leader among consumers is a very empowering and uplifting experience.

NAMI Polk is ready to add to our 'staff' of volunteers and we are looking for a few special individuals who are interested in giving to others. Both the NAMI Connections Support Group leadership training and the Peer to Peer Relapse Prevention mentor training will be offered in the coming months to a few select individuals.

NAMI Connection Support Groups are very structured groups that meet 90 minutes each week. Currently there are two Connections groups meeting in Winter Haven, and they are in need of additional leaders. There is also a need to begin a Connections Group in Lakeland—or in any other part of the county that might want a group. All we need are the leaders!! Leadership training will be offered March 26-28 and there are

several openings for leadership positions.

Also being offered is the Peer to Peer Relapse Prevention mentor training. Peer to Peer is a ten week class led by two trained mentors. The ideal candidate for mentor training is someone who has already attended Peer to Peer and is a current and active member of NAMI Polk County. The mentor training is May 13-16.

Anyone interested in applying for one of these leadership trainings should contact Cathy Hatch at the NAMI office and request an application. The top candidates will be required to complete an interview process in the NAMI office in Bartow. All training is held in Maitland, Florida and expenses for training will be provided by NAMI Polk County and NAMI Florida.

Please contact the NAMI Polk office for an application (863)533-4411.



Randall Williams
 Mentor and Group Leader

Families Need Support Too!

Family Support is designed to help the family members of individuals with mental illness come together in a setting where successes and concerns can be voiced among understanding peers. The most important characteristics for this support group leader is the ability to listen and a commitment to attend meetings twice a month.

The Family Support Group which meets twice a month at St. David's Episcopal Church in Lakeland is also looking for additional support group leaders. Anyone who thinks they might like to learn about volunteering to lead a group should contact Cathy Hatch. Anyone wishing to start a new Family Support Group is also encouraged to call.

Training for Family Support Group leaders can be arranged to meet the schedule of those who volunteer. This is a new year—how about stepping up into a new role of leadership? Phone (863) 533-4411

FAMILY Support Groups

Lakeland Family Group

CANCELLED in DECEMBER
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 Jan. 5
First Tuesday Each Month, 7pm
USF- Lakeland Campus
LTB Building, Room 1104

CONSUMER Groups:

Kids Support Group

NEXT Meeting Jan. 5
First Tuesday Each Month, 7pm
USF- Lakeland Campus
LTB Building, Room 1105

Winter Haven Groups

Wednesdays 3-4:30pm and/or
Thursday nights 7-8:30 PM
Sweet Center Green Room.
1201 First Street S.
Winter Haven
Leaders: Joyce and Randall

Lakeland

The three Support Groups listed
below meet at the
Jeanene Brown Drop-In Center.
2326 Edgewood Drive:

1. *Panic & Anxiety Mon. 3pm*
2. *NAMI Connections -
Cancelled
(NAMI Connections is looking
for a new leader)*
3. *Depression & Bipolar Sup-
port (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 Board of Directors

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Genetic Study Underway Participants Ages 8-18 Sought

Dr. Richard Marshall of USF Polytechnic is currently conducting a genetic study of children diagnosed with bipolar disorder and/or ADHD. Dr. Marshall reports that one major impediment to diagnosing bipolar disorder in children is that bipolar symptoms mimic other childhood disorders, especially the Disruptive Behavior Disorders (Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder and Conduct Disorder). During the past 15 years, advances in molecular genetics have enabled investigators to explore the possible genetic bases of behavioral disorders. The goal of the study is to determine whether BPD can be distinguished from ADHD on the basis of genetic differences in the brain's dopa-

mine system. If so, these differences could provide a more reliable way of determining whether or not a child has bipolar disorder.

The study is seeking volunteers between the ages of 8-18 and must have a parent's permission to participate. The study procedures are harmless and painless and all volunteers will remain anonymous.

To volunteer please send your child's name and contact information by email to Namipolk@juno.com and put 'BPD Study' in the subject line and the information will be forwarded to Dr. Marshall. (Dr. Richard Marshall is on the Board of Directors of NAMI Polk Co).



Dr. Richard Marshall

Orlando Conference Focuses on Children with Disabilities

Registration is now open for the 4th Annual Heart and Hope Statewide Family Conference on Saturday, February 20, 2010 from 8:30am to 4:30pm at Southwest Middle School in Orlando.

Heart and Hope is a free full day event designed to help bring individuals who are at risk, families who have children with disabilities and the professionals who serve them awareness of their options and rights that are available to them within the school system and beyond.

This year NAMI Polk County and NAMI Florida will make a presentation at this event featuring NAMI programs for young families. There will be workshops, keynote speakers, an IEP Clinic (one-on-one assistance with your child's IEP), vendor displays and information, a silent auction and more! Topics to be covered in the workshops will include IEP, IDEA, Dispute Resolution, Response to Intervention (RTI), Collaborative Communication, Evaluation, and more!

The keynote speaker for this conference is Dr. Jonathan C. McIntire who has 37 years experience in special and alternative education. Dr. McIntire currently serves as an ESE Director in Orange County Public Schools and also serves as Adjunct Faculty at the University of Central Florida teaching in the areas of inclusion, autism and advocacy for teachers.

To register contact
www.fndfl.org/hearthope

Community Foundation of Greater Lakeland Awards Grant for Education and Support

The Community Foundation of Greater Lakeland, Inc. has awarded a grant to NAMI Polk County for the



NAMI Basics and Support Series. The grant was in the amount of \$2700, and was a partial grant which will be combined with other funding sources in order to offer the program.

The NAMI Basics class will begin on February 5 and will be taught by Loretta Freeman and Duana Dodd. These two leaders were recently trained in teaching NAMI Basics. The class will be held in a south Lakeland location and will meet six consecutive Friday nights from 6:30pm—8:30pm.

Parents and Caregivers of children diagnosed with any mental illness, or experiencing behavior problems are invited to attend. The class will focus on learning the fundamentals of caring for your child with mental illness while caring for yourself and your entire family. Coping skills, local resources, record keeping and much more will be topics covered during the class. The class is free, but registration is required. Call (863) 533-4411 to register.

An on-going parent and kids support group also meets once a month on the campus of USF-Polytechnic in building LTB rooms 1104 & 1105. These groups are led by Joni Smithson, LMHC and Melissa Brown, LCSW. These groups meet the first Tuesday night of each month at 7pm. Walk-ins are welcome to attend support groups and no registration is required.

Parents meet together to discuss successes and concerns and network to develop strength and support from the group experience. Kids meet under the guidance of Melissa Brown and play therapeutic games focused on social skill building. Both adults and kids develop meaningful friendships within the groups.

**TRAINING INFO FOR MH PROFESSIONALS
SUICIDE PREVENTION**

Through a contract with the Florida Department of Children and Families (DCF), the Department of Mental Health Law and Policy of the

Louis de la Parte Florida Mental Health Institute at the University of South Florida announced that a Suicide Prevention on-line training module is available on their Baker Act training web site. The course takes approximately 60 minutes to complete. (You are not required to complete the course in one sitting.) It includes lessons, activity vignettes, resources, a quiz, a course evaluation, and a certificate of completion.

There is no fee to take this course. If you are a licensed professional (psychologist, nurse, clinical social worker, marriage and family therapist, mental health counselor, certified addiction professional, certified peer specialist, guardian, or attorney) continuing education (CE) credits are available. For more CE Credit information, please refer to the course web site listed below. To view this course, visit <http://www.bakeracttraining.org/>

**NAMI HELPS TRAIN LAW ENFORCEMENT
ABOUT MENTAL ILLNESS**

NAMI Polk county will assist with the training of officers at an upcoming CIT session to be held in Polk County. The officers will spend 40 hours learning the Memphis Model of Crisis Intervention Training - a nationally recognized crisis response model designed to aid officers in handling mental health related crisis calls.

A part of the training includes a two hour presentation on the consumer and family perspective as it relates to the direct contact between officers and consumers. NAMI members relate their stories to officers and help officers understand the human aspect of living with a mental illness. Speaking to officers in February will be Joy and George McInerney, Linda Gibson, Diana Arthur and Cathy Hatch.

There will be five more trainings in 2010. Both family members and consumers are invited to help with the presentations. To volunteer to speak to the officers please contact the NAMI office.

Trouble Getting the Meds You Need?

Medicaid Pharmaceutical and Therapeutics Committee Needs to Hear From You!

The Agency for Health Care Administration, Pharmaceutical and Therapeutics Committee announces a public meeting to which all persons are invited. Members of the public who wish to testify at this meeting must contact: Mark Gibson

gibsonm@ahca.myflorida.com. The number of speakers will be limited and will be accommodated in order of notification to Mr. Gibson. Because of unforeseen events that may cause changes, interested parties are encouraged to watch the web site at http://www.fdhc.state.fl.us/Medicaid/Prescribed_Drug. Procedures for speakers to follow are also available on the website.

Place: Tampa Airport Marriott, Tampa International Airport, Tampa, Florida

Date: March 31, 2010

Start Time: 3/31/2010 9:00 AM

End Time: 3/31/2010 2:30 PM

GENERAL SUBJECT MATTER TO BE CONSIDERED: Recommendations for drugs to be included on the Preferred Drug List are made at this meeting.

A copy of the agenda may be obtained by contacting: Mark Gibson at: gibsonm@ahca.myflorida.com

NAMI Polk Professional Members

NAMI Polk County has developed a unique membership for mental health professionals. Professional members can be listed on the NAMI Polk website and may order NAMI brochures for their office waiting rooms among other membership incentives.

Curtis W. Cassidy, MD, PA
Anthony H. Conti, MA, LMHC
Mark Helm, M.D.
Glenda Morgan, MA, NCC, LMHC
Jeffrey Reddout, PhD
Anne Tyson, M.D.

To learn more about professional memberships, please contact Cathy Hatch, 863-533-4411 and ask for a professional membership packet. (Annual fee \$75.00)

Need A Referral? Let NAMI Help

For individuals with mental illness facing misdemeanor charges within the Polk County 10th Judicial Circuit, there is help. The Polk County Mental Health Court exists to divert individuals with mental illness from jail into treatment. Anyone facing charges of this nature can contact Cathy Hatch at the NAMI office to get a referral to Mental Health Court.

Mental Health Court is a voluntary program which generally last for a period of one year. Individuals who sign a contract with the court system agree to abide by the terms of the contract. Each contract is written based on the needs of the individual, but all participants will be required to appear weekly in Bartow on Wednesdays to report to Judge Beth Harlan for the first 3-4 months. After that period, the reporting requirements are lessened.

Participants are also required to stay in contact with their assigned case worker, attend all doctors appointments, and take all medications as prescribed. Other requirements may be a part of the contract depending on each individual's need.

The advantages of participating in Mental Health Court are many. The court system is set up to provide a high level of support and encouragement for those who participate. Upon completion of the program most participants will find that the charges against them will be dropped by the state.

For more information about the 10th Judicial Circuit's Mental Health Court contact Cathy Hatch at NAMI or Anita Sullivan, Mental Health Court Coordinator at 534-7785.

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