



nami

National Alliance on Mental Illness

Polk County

News & Views

A Monthly Publication of NAMI Polk County, Inc.

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Publix Super Markets Charities
 Dept. of Children and Families
 The City of Lakeland
 NAMI Polk Members
 And



United Way of Central Florida

NAMI Polk County Receives All-Star Designation!

United Way of Central Florida (UWCF) announced July 1 that NAMI Polk County has been chosen as one of thirteen exemplary agencies who have been awarded All-Star status. Each Community Investment Team was allowed to nominate one agency for this award. Of the 86 UWCF programs 13 were chosen to receive a portion of an extra \$100,000 set aside for agencies whose service has been outstanding. Our thanks goes out to everyone who has helped us have a banner year!



Mental Health Court News

The Mental Health Court Steering Committee met on June 30 to hear **Judge Robert Williams** report on what could be described as a 'State of the Union' address regarding the past year for Polk's Mental Health Court. (MHC). During Judge Williams' report he stated that currently MHC has 28 active participants (individuals whose charges have been moved to MHC and who have signed a contract). Since the inception of Polk MHC, 108 individuals have participated, and 28 have completed their contracts and have 'graduated'. Of those 28 only one has been rearrested.

Judge Williams noted that NAMI's participation in MHC has been beneficial to the overall program and he complimented both Adam O'Connor and Cathy Hatch for being involved with MHC from the beginning.

Judge Williams who has been presiding over MHC

for the past year will rotate to his next assignment later in July and Judge Beth Harlan will step in as the new MHC judge. Judge Harlan has been meeting with MHC staff over the past few months as part of a transition period and has presided over MHC proceedings several times in the process.

On July 7 **Judge Williams** and **Cathy Hatch** will give a joint presentation at the NAMI National Convention in San Francisco, California. The presentation will be an overview of Polk's MHC and describe the evolution of NAMI's involvement that led to the integration of the Peer to Peer Education program into our local MHC.

A report on the convention will be included in the next newsletter. To view a convention program, go to <http://www.nami.org> - the Williams/ Hatch presentation is listed on page 25.

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NAMI Polk Welcomes Two New Board Members

At the Annual Meeting of the NAMI Polk membership two new board members were elected. New members are **John F. Wendel** and **Linda Lloyd**.

John Wendel has been a long time member and supporter of NAMI Polk County and has served on the board of directors in past years. John brings to the board his personal perspective of being a family member while at the same time bringing his professional expertise as an attorney. Mr. Wendel currently practices law in Lakeland with the firm of Sponsler, Bennett, Jacobs and Adams, PA.

Linda Lloyd is a unique addition to our board in sev-

eral ways. Linda currently serves at the state level on the NAMI Florida board of directors. In her employment, Linda is the State Business Director for Florida and Alabama for the Strategic Business Group of Ortho-McNeil Janssen Pharmaceutical Services.

Linda visited NAMI Polk County several months ago as a part of her duties with NAMI Florida. Favorably impressed with the activities of our local affiliate she expressed a desire to be involved with our organization. It was shortly thereafter that the nominating committee approached Linda about serving on our local NAMI board.

We are delighted to have both John and Linda join the board of directors of NAMI Polk County!

**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

First Tuesday Each Month, 7pm
USF- Lakeland Campus
LTB Building, Room 1104

CONSUMER Groups:

Kids Support Group

First Tuesday Each Month, 7pm
USF- Lakeland Campus
LTB Building, Room 1105

Winter Haven Group

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 Support*
(*DBSA*) Tue. 7pm & Sat. 12
noon

For more info call
Drop In Center
(863) 413-2788

Female Survivors of Sexual
Abuse

1st & 3rd Wed. 6-7:30pm
Peace River Center's
Rape Recovery Resource Center
(863) 413-2708
Childcare provided.

**NAMI Polk County
Board of Directors**

Lt. Brian Garrett, Pres.
Barbara Hoffman, V.P.
Patricia Floyd, Treas.
Carol Hoffman, Sec.
Diana Arthur
Linda Lloyd
Dr. Richard Marshall
Joyce McInerny
Maureen McIntire
Adam O'Connor
Margaret Parry
John Ruffin
Norman Small
Ann Tyson, M.D.
John F. Wendel

Staff

Cathy Hatch, Ex. Dir.
Jeanene Hammac, Sec.

Pinellas Park Vincent House to Host International Seminar

Recovery through work has been the focus of Vincent House since it began in 2003. A true model for a successful Clubhouse it has led the way for other ICCD clubhouses in Florida (Peace River Center's Club SUCCESS, for example).

ICCD (International Center for Clubhouse Development) developed a stringent certification process for clubhouses which is a social community rehabilitation model for persons recovering from mental illnesses. It is a wellness model designed to create an environment that requires the volunteerism of its members to work side by side with staff in the running of every part of the Clubhouse. The purpose of the Clubhouse is to restore the self-esteem, self-confidence and skills necessary to develop financially and socially satisfying lives.

October 24-29 Vincent House will host a biennial gathering of up to 1000 people from all over the world who are coping with mental illness while simultaneously running their Clubhouses. Expected at this gathering are people from all over North America, Scandinavia, Western Europe, Eastern Europe, Australia, China, Japan, Israel, New Zealand, Russia, etc.

Elliott Steele, Executive Director of Vincent House invites all NAMI affiliates to participate. The cost to attend the seminar for six days and five nights is \$975 which includes lodging at the TradeWinds Resort in St. Pete Beach, and 10 meals. If you have questions concerning this once in a lifetime experience please call Elliott Steele at 727-541-0360.

Web info can be found at

<http://www.iddc.org/article.asp?ArticleID=297>

**PLANT SALE FUNDS SCHOLARSHIPS FOR
CLUB SUCCESS MEMBERS**

On Friday, July 10 from 9am – 1pm there will be a plant sale in the parking lot of the Gilmore Office of Peace River Center located at 1825 N. Gilmore Ave. in Lakeland.

The proceeds of the sale will be used to send members of Club SUCCESS to the Fifteenth International Clubhouse Seminar in St. Pete in October (see article above).

FAMILY SUPPORT GROUP RE-ESTABLISHED

New leadership for the Family Support Group has been found ! We welcome **Ruth Meinke, Mary Jo Raci, and Kathleen Barber** who are helping with the leadership of the group.

The Family Support Group is open to anyone who is the family or friend of a person with mental illness. The group meets twice a month on the first and third Thursday night at 7pm in the Media Room of St. David's Episcopal Church located on Edgewood Drive in Lakeland.

Upcoming meetings are July 16, Aug.6 and Aug.20.

From the Pen of Board Member Adam O'Connor..... Report on Suicide Prevention

On June 23, 2009, I traveled to Tallahassee and attended the Statewide Suicide Prevention Coordinating Council Meeting, which meets quarterly at the Capitol Building. The Council is part of the Florida Office of Drug Control's Statewide Office of Suicide Prevention. It was a very informative meeting and showed me the State of Florida's commitment for the prevention of suicide. NAMI Florida is a part of the council and did part of a presentation of one of NAMI's signature programs, *In Our Own Voice*, which was well received by the audience and touched many.

According to the Statewide Office of Suicide Prevention's website, <http://www.helppromotehope.com>, each year over two thousand of Florida's citizens take their own lives. This number is more than twice the number of people murdered and significantly higher than the number of HIV related deaths. Florida ranks third in the nation for the highest number of suicide fatalities and has the 18th highest suicide rate. Suicide is the state's 9th leading cause of death.

If you or someone you know is in crisis locally, please call (863) 519-3744. This line is available 24 hours a day.

Cathy Hatch Joins Sheriff's Advisory Council

On May 28 NAMI Polk's Executive Director, Cathy Hatch became one of Sheriff Grady Judd's Advisory Council members. That day the advisory group met for an orientation which included tours of various facilities operated by PCSO.

The tour of the Sheriff's Office in Bartow included the jail, the tunnel connecting the courthouse, and the emergency call center. Later the group visited the Central Jail in Bartow which included eating lunch there, touring a women's dorm and the work release dorm. They also toured a hangar at the airport where helicopters, flight simulator and other equipment is housed. They were also entertained by a demonstration of a canine deputy and heard a presentation given by an undercover narcotics deputy.

Each council member is required to spend a 12 hour shift riding with a PCSO deputy for their first assignment. Ms. Hatch hopes to use this opportunity to further build positive relationships between NAMI and the PCSO.



Cathy Hatch receives certificate from Sheriff Judd

THANKS TO CLEAR SPRINGS BLUEBERRIES!



We want to thank everyone who helped make the blueberry sale a success again this year. We especially want to thank **Clear Springs Blueberries** for making the sale possible. **Mr. Bill Braswell**, manager of the blueberry farm, went above and beyond the call of duty to accommodate us with delicious blueberries during a very difficult spell of unseasonably rainy weather. In the end we were able to sell over 2000 pounds of blueberries! Again this year the demand exceeded our supply, so we apologize to anyone who may have had their order cut. At last count we earned over \$5,000! The fruit was absolutely delicious!

Emergency Financial Assistance for Housing

Applications are available for one time help paying rent for families who have at least one child under 18 years living full time in the home. Families may be homeless, have overdue rent or mortgage, need security deposit, or are being evicted. Also can be issued to families who have had a fire, or whose housing has been damaged by a natural disaster. Up to \$400 a year per qualified households is available. **Applications are accepted on JULY 6.** Call 1-877-891-6445 for more information. The application can be downloaded from <http://www.dcf.state.fl.us/homelessness>

Professional Members Join NAMI Polk

Led by Board Member, **Dr. Anne Tyson**, 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.

Among the first to subscribe to the new professional membership are:

Curtis W. Cassidy, MD, PA
Anthony H. Conti, MA, LMHC
Glenda Morgan, MA, NCC, LMHC
Jeffrey Reddout, PhD

NAMI Polk County Welcomes Our New Members!

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

USF/PCC Peer to Peer Class Graduates

On May 30 mentors **Randall Williams** and **Adam O'Connor** awarded certificates of completion to ten Peer to Peer students. The class met on the campus of PCC/USF-Polytechnic in Lakeland for nine consecutive Saturdays. Cathy Hatch met with the class on graduation day to invite them to join NAMI and become active in more NAMI programs.

The Peer to Peer program is a relapse prevention course designed to help individuals with mental illness learn the signs of an impending relapse so that it can be avoided. Students completing this class expressed thanks for the class and many commented on the class as one of the highlights of their week, pointing out that being accepted and understood is invaluable. DCF was the sponsor of this class.

Opportunities to become a mentor are now available (see above right).

NAMI Basics Adds Three New Teachers

NAMI Florida offered its first ever train-the-trainer event for leadership of the *NAMI Basics* program. The training was held in June and was led by state trainers **Diana Arthur** and **Janina Davis**, both NAMI Polk members. As you may remember, Diana and Janina, our local *Basics* leaders, were chosen to become state level trainers. As they moved up to the state positions we recruited three new leaders to help us out locally. Our three new *Basics* teachers are **Nancy Egbert**, **Loretta Freeman** and **Carolyn Palmer**.

Nancy has taught Family to Family in the past and currently works as a mental health counselor at Catholic Charities. Loretta was a student in our first ever *Basics* class held in the spring and was inspired to give back some of what she has learned. Carolyn has been a long time advocate for children with mental illness and currently works with DCF as the Children's Transformation Specialist whose focus is on advocating for more mental health services and better service coordination for children. Both Carolyn and Loretta are grandparents raising grandchildren who have mental illness.

We are so proud of our team of five *Basics* teachers. Plans are currently in the works for our next *Basics* class. It is not too early to call the office to put your name on the list to be notified concerning information about the next *Basics* class. 863-533-4411

New Training Opportunities for NAMI members

NAMI Polk County is accepting names of individuals who might like to join the NAMI Polk training staff which is a group of volunteers who teach the NAMI courses.

The next training for **Family to Family** teachers is soon—July 24-26. Candidates should be the family or caregiver of someone with mental illness and preferably have taken the Family to Family course.

The **Peer to Peer** training of mentors will be Sept. 19-20.

All future training events will be held near Tallahassee at the Inn at Wildwood in Crawfordville. All expenses are paid for those who are chosen to attend. Those attending trainings are expected to teach several times over the following two year period. There is no compensation for teaching. Peer to Peer Mentors receive a small stipend for each class they lead. Please contact Cathy Hatch for application and to schedule an interview. 863-533-4411

NAMI Members Contribute to Sheriff Crisis Trainings



On June 18 three NAMI members assisted with the Polk Sheriff Department's Crisis Intervention Training for law enforcement officers. They were **Diana Arthur**, **Paul Reed** and **Cathy Hatch**. The training was one of six trainings held annually in Polk County. NAMI Polk members are invited to speak at each training to help officers put a human face on mental illness. Individuals wishing to speak at CIT should contact Cathy Hatch at the NAMI office for more information.

National Alliance on Mental Illness—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



**NAMI Polk County, Inc.
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