



NAMI

National Alliance on Mental Illness

Polk County

News & Views

A Monthly Publication of NAMI Polk County, Inc.

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March 2010

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Supported by:

Publix Super Markets Charities

Dept. of Children and Families

The City of Lakeland

NAMI Polk Members

And



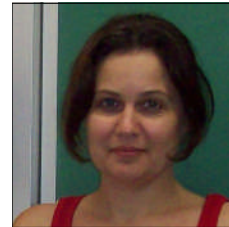
United Way of Central Florida

CONTACT US:

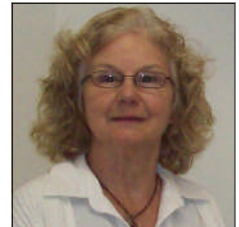
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 www.nami.org

NAMI Basics Class Underway

Thanks to funds provided by Publix Super Markets Charities, the Community Foundation of Greater Lakeland and United Way of Central Florida, the first NAMI Basics class of 2010 is off to a great start! Loretta Freeman and Duana Dodd are leading the class with the help of Carolyn Palmer and Diana Arthur.



Duana Dodd



Loretta Freeman

Fifteen individuals representing families, Guardian Ad Litem and ESE teachers make up the composition of the class which focuses on care giving for children with mental illness. Duana Dodd reports that class members are working hard and

staying on track.

A second NAMI Basics class is to begin in May. Please contact the NAMI office if you are interested in participating in a future class.

Publix Appreciation Day

Designated by United Way of Central Florida, February 18 was Publix Appreciation Day. On this day United Way agencies around the county flooded Publix stores and camped outside Publix offices and warehouses in a demonstration of positive picketing holding signs expressing United Way's appreciation for Publix' contribution to this year's United Way campaign.

NAMI's Cathy Hatch visited Publix employees, at the PIX station on County Road 540-A. Employees Dawn, Evan and Bernice were thanked for their support while thank you cards, posters and candy were delivered to help brighten their day.

The NAMI /Publix Connection

Another important fact about Publix is that they not only support NAMI with their contributions to the United Way campaign each year, but Publix Super Markets Charities has historically awarded an annual grant to our local NAMI office. This grant is used throughout the year to help with general expenses of operating the office and to help with unmet program needs.

But that's not all.....

Publix employees are important volunteers with NAMI programs. Loretta Freeman, pictured above in the NAMI Basics article, is a Publix employee. Loretta was also one of the United Way campaign

coordinators within her department at Publix. Thanks Loretta, for all you do.

And Thanks to Publix!



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

CONSUMER CONFERENCE COMING SOON!

The *Bringing Change 2 Mind: A Holistic Approach to Recovery* conference will be held March 10-12.

The conference is sponsored by NAMI Florida and the Florida Department of Children & Families. Its purpose is to provide an opportunity for people diagnosed with a mental illness and/or a substance use disorder to network and learn how to improve their physical and emotional well-being. Attendees will learn to identify physical and mental health issues, strengthen their abilities to create and direct a personal recovery plan and learn to better advocate for the services and supports needed to succeed.

The conference will be at the Lake Yale Baptist Conference Center—located northeast of Leesburg and 45 miles from downtown Orlando. The Conference Center is a rustic retreat in a beautiful natural setting. Conference events will be in the Raintree Educational Center, overlooking Lake Yale.

Featured speakers for the event include Clarence Jordan, a member of the national NAMI board of

Directors. In 1998, a judge gave Jordan the choice of treatment or jail. Selecting treatment and recovery, he has begun a new career in the behavioral health field and now is the Director of Recovery and Resiliency Services of Tennessee at ValueOptions Behavioral Health Services.

Other featured speakers include David Sofferin, the Assistant Secretary for Substance Abuse and Mental Health for the Florida Department of Children and Families and Sherry Jenkins Tucker, the Executive Director of the Georgia Mental Health Consumer Network.

In addition to hearing great speakers, participants will attend workshops and enjoy social activities including a bonfire and a dance.

The cost of the entire conference including room and meals is \$150. Attending only one day cost \$50.

Contact NAMI Florida for more information or email namipolk@juno.com and request a registration

The Spirit of Giving Continues into 2010

The spirit of giving is often at its height during the month of December. And that was the case in the NAMI office as we received gifts large and small from many of you. During December and continuing into the early months of 2010 we have received several sizable donations. We want to thank those making donations over the past few months. Donations recently received include the **Charity Belles** (\$3,715), the **Eunice Lee Fuller** Fund within the Community Foundation of Winter Haven (\$2000) and the **George W. Jenkins** Fund within the Community Foundation of Greater Lakeland (\$3,850). Another **anonymous** gift in the amount of \$1000 was received as well.

Just as valuable as these monetary gifts are the volunteers who donate their valuable time and energy. Without our volunteer leaders NAMI Polk County would not exist. Those named below have volunteered their service to NAMI Polk County within the past year by serving on the board of directors, teaching classes, leading support groups, speaking to CIT officers, attending NAMI trainings or by helping out in the office.

We salute our volunteer army!

Diana Arthur
 Bill Braswell/
 Clear Springs-
 Blueberries
 Melissa Brown
 Lois Chatron
 Janina Davis
 Eileen Deberger
 Duana Dodd
 Nancy Egbert
 Trisha Floyd
 Loretta Freeman
 Lt. Brian Garrett
 Linda Gibson
 Shonaye Green
 Patricia Hall
 Jeanene Hammac
 Barbara Harvey

Dr. Mark Helm
 Barbara Hoffman
 Carol Hoffman
 Chip Jones
 Linda Kaley
 Linda Lloyd
 Dr. Richard Marshall
 George McInerny
 Joy McInerny
 Maureen McIntire
 Ruth Meinke

Nichole Muir
 Elizabeth Newton
 Adam O'Connor
 Leeann O'Connor
 Carolyn Palmer
 Margaret Parry
 Mary Jo Raci
 Paul Reed
 John Ruffin
 Stacey Saxe
 Norman Small
 Tere Saunders
 Joni Smithson
 Kim Thomas
 Dr. Anne Tyson
 John Wendel
 Randall Williams
 Lamar Willis



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 April 6
 First Tuesday Each Month, 7pm
 USF- Lakeland Campus
 LTB Building, Room 1104

CONSUMER Groups:

Kids Support Group

NEXT Meeting April 6
 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 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 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
 Margaret Parry
 John Ruffin
 Norman Small
 Ann Tyson, M.D.
 John F. Wendel

Staff

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

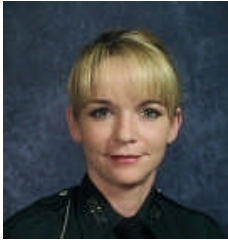
An Inside Look At PCSO

By Cathy Hatch

In May 2009 I was honored to be chosen to serve on the Sheriff's Advisory Council (SAC). So far the year has exceeded my expectations. In May 2009, I spent a full day taking a tour of the many facilities that are a part of the Polk County Sheriff's Office. The tour included a visit to the 911 call center, Central County Jail, the facility at Bartow Airport, a demonstration by K-9 officers, a presentation by several undercover officers and much more.



Cathy Hatch & Sheriff Grady Judd



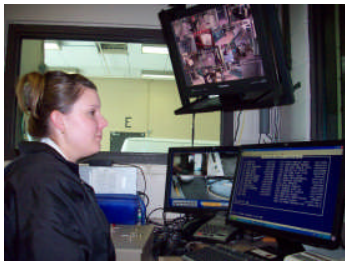
D/S Teresa Mease

Serving on the SAC has involved several assignments including a 12 hour ride-a-long with Deputy Teresa Mease in July. The first call we responded to was a suicide attempt. Fortunately, Deputy Mease has had CIT training and the victim quickly received the help they needed. Our third call involved individuals having a mental health crisis as well. And at about 1am that morning Deputy Mease bravely stopped and approached a vehicle occupied by four young men who were in the process of planning and attempting an armed robbery!

The 12 hours spent with Deputy Mease flew by. My appreciation for deputies who are truly our public servants has skyrocketed as a result of that assignment.

During February I spent four hours observing one of the female dorms at Central County Jail. The officers in charge of keeping order there are truly kind and caring. They managed what I describe as a 'beehive' of activity with inmates constantly moving in and out of the dorm due to various reasons.

Much of the morning was spent providing healthcare to the inmates. I observed the special needs of inmates being met in terms of visits to the clinic nurse. I also observed the distribution of medication and the delivery of special meals for those with medically restricted diets. There was no idle time for the corrections officers as they constantly responded to inmates.



Shannah Brook monitors Booking

Also in February I spent 4 hours observing booking operations in Bartow. This is where every person is brought when they are initially arrested. One very busy specialist operates the opening and shutting of all the gates and doors as arrestees are brought in for processing.

I sat in the control booth with Shannah Brook as she monitored and controlled the entrances and exits while also providing 'customer service' to families calling for information about inmates.

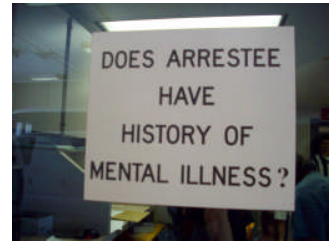
As officers enter the secure port with an arrestee, they first must store their weapons before beginning the booking process. No weapons are allowed in the booking area, so it was part of Shannah's job to double check that no officer forgets to check their weapons. Thanks to Shannah's eagle eye, she alerted one deputy who had overlooked a weapon.

Before entering the Booking area, each officer and arrestee pass a big sign that reads "Does Arrestee Have a History of

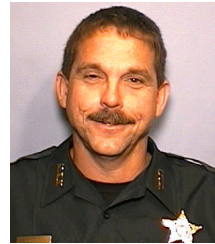
Mental Illness?" Inside, every arrestee is interviewed and asked specifically about their mental health history. They are also evaluated by a nurse during this process.

Sheriff Judd and his staff have made great headway in their efforts to recognize mentally ill offenders and help them. It is commendable that Sheriff Judd has made the commitment to have all officers trained in Crisis Intervention (CIT), and that our jails have a Special Needs Unit where mentally ill inmates can be placed when needed.

Is there still work to do? Of course there is. There are still far too many people with mental illness in jail—an alarming number. We still have a great deal of work to do. But I want everyone to know that Polk County has many positive things going on within the Polk County Sheriff's Office.



Joy McInerney represents NAMI at CIT



Lt. Brian Garrett

NAMI Polk County has become a respected partner of the Polk County Sheriff's Office. We partner with PCSO on every CIT training offered to law enforcement. We are also working collaboratively with the PCSO and Mental Health Court to promote jail diversion for individuals with mental illness. The lines of communication between the PCSO and NAMI have been opened thanks to the hard work of the NAMI board of directors and staff led by Lt. Brian Garrett—and by Sheriff Judd's leadership within the PCSO.

*In related notes from the desk of Cathy Hatch.....*During February NAMI made one referral to Mental Health Court and requested mental health screenings for two incarcerated individuals held at the South County Jail. Additionally, one family called to thank us for the help they received during a family crisis that resulted in a mental health court referral and subsequent residential commitment. The family called to say that their loved one is now home and doing well.

Need A Referral to Mental Health Court? 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 initiate a referral to Mental Health Court.

Mental Health Court is a voluntary program which generally last for a period of one year. Initially 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.

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.

Family Café Conference Recommended By NAMI Board Member

The 12th Annual Family Café, June 18-20 in Orlando provides a venue for individuals with all disabilities and their families from around Florida to gather information about available services and how to access them. It offers families access to policy-making officials, opportunities to find support by networking with other families, and exposure to a range of public and private resources on a grand scale.

NAMI Polk board member, Diana Arthur attended this event last year and she highly recommends it to all NAMI families. This year's 12th Annual Family Café will be held at the Disney Coronado Springs Resort and Convention Center. This facility offers first rate accommodations, as well as some of the best facilities for persons with disabilities available in the Orlando area. A block of rooms has been reserved at a special conference rate of \$113/ night.

The Annual Family Café is a free event! If you are a person with a disability, or a family member of one, there is no registration fee for the conference. However, all Professionals must pay a \$100 registration fee.

Limited Financial Assistance for complimentary accommodation at the Disney Coronado Springs is available. Registration for The 12th Annual Family Café has begun. Register online at www.FamilyCafe.net or you may also register by mailing your completed registration form to 1332 N. Duval St., Tallahassee FL 32303 or by faxing it to 850/224-4674 at any time.



Diana Arthur

Winter Haven Peer Recover Program Celebrates Birthday



Elizabeth Newton & Joy McInerny

The Peer Recovery Program (PRP) at Winter Haven Hospital, Center for Behavioral Health will celebrate its' 2nd Birthday on March 8, 2010 at Abiding Savior Lutheran Church. The PRP was developed as a result of consumers meeting with staff at Behavioral Health Division and giving direct input on what services they felt they needed. Their input led to the birth of PRP.

The Peer Recovery Program provides education, socialization, employment skills and support to consumers who have a mental health diagnosis. It is a peer lead, peer support program that helps to empower all the consumers who participate and move them towards recovery.

The PRP is led by three dedicated women, Joyce Stringfellow, Joyce McInerny, and Elizabeth Newton. Both Elizabeth and Joyce are members of NAMI Polk County.

The PRP is held every Monday at Abiding Savior Lutheran Church at 1910 Havendale Blvd., in Winter Haven from 11am—3pm. It is also held every Wednesday from 12:30 to 4:30 p.m. at Winter Haven Hospital, Center for Behavioral Health at 1201 First Street South, Winter Haven, FL. Congratulations and Happy Birthday PRP!



Do you know about Peace River Center 's Thrift Shoppe located at 4419 South Florida Avenue in Lakeland? This shop is not only open to the public, but it provides clothing and household items to needy clients through a voucher system which provides approximately \$6000 in vouchers each month. At that rate they constantly need donations.



Please consider donating your gently used clothing of all sizes—men, women and children. Books and household items are also requested. The store is open Monday—Friday 10am – 6pm and Saturday 10am-4pm. The Thrift Shoppe is located in the Courtyard Center on S. Florida Ave. The phone number is (863) 647-4224.

Changes in Sebring

Winter Haven Hospital Behavioral Health Division (WHHBHD) has announced that they will no longer provide mental health services in Sebring. The WHHBHD has been providing services to clients in the Sebring area at the Marge Brewster Center.

An official request for proposals has been issued to other agencies wishing to provide services there when the Marge Brewster Center is closed. Watch for more news on this item in coming newsletters.

Two Parent Support Groups Now Meeting And One for Kids Too!

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.



Also a new support group for parents is being offered by the Polk County Schools Exceptional Student Education Department. This group will meet March 11, April 8 and May 13. Each day the group meetings are offered twice—once at 11am and again at 6pm and last an hour and a half each. Groups are facilitated by Cheryl Marino, LCSW. Also assisting in leadership are Rosemarie Laurel, Jennifer Rojas, and Margie Cardona-Opio. Spanish speaking leaders will be present also. Parents and guardians of students with disabilities are invited to attend. All meetings are located at 270 Bartow Municipal Airport, School Board Office. Contact Cheryl Marino for more information by emailing Cheryl.marino@polk-fl.net.

Florida Statewide Advocacy Council Volunteers Needed

The Florida Statewide Advocacy Council is a consumer protection group. It is comprised of individuals from the community who have an interest in making sure that children, the aging and persons with disabilities receive their basic human rights and services.

In Florida there are 15 service areas, each with a Local Advocacy Council. The councils operate in accordance with Florida Statutes 402.164– 402.167. Volunteers on these councils act as independent third parties protecting the rights of those receiving services in facilities operated, funded or contracted by a state agency (such as Baker Act receiving facilities and state hospitals).

Council members conduct investigations from complaints received from individuals receiving care in these facilities. The Local Advocacy Council in our area currently has openings for volunteers. Members are appointed by the Governor and are trained in the handling of confidential materials and all documentation is secured at regional offices.

Members of the councils include attorneys, homemakers, ministers, physicians, social workers, educators, nurses, retired persons, psychologists, disabled persons and others who are interested in advocacy.

For more information call 1-800-342-0825 or the Orlando office at (407)245-0965.

Children's Mental Health Research & Policy Conference March 7-10 Hyatt Regency, Tampa

When serving children and youth who have mental health challenges and their families, what works? What improves their outcomes and chances to lead a successful, productive life? For over two decades, the Research and Training Center (RTC) for Children's Mental Health has hosted a research conference in Tampa to share what has proven to work in child-serving systems throughout the nation. This year's conference will be hosted by the University of South Florida Department of Child & Family Studies (CFS) and represents an exciting step forward to sustaining the RTC quest to provide a forum for constructive dialogue about key innovations in the field of children's mental health.

By promoting cutting edge research and ideas, the 23rd Annual Children's Mental Health Research and Policy Conference aims to enhance the effectiveness of services and systems for children and youth with mental health challenges and their families.

Poster presentations are plentiful. Please visit the website to see a full agenda and description of presenters. Registration fee is \$395 and intensive workshops are \$85. For more information go to <http://rtckids.fmhi.usf.edu/cmhconference/>

SAVE THE DATE SATURDAY, MAY 1 PARENTS & TEACHERS AS ALLIES

An all day event in Lakeland to educate parents, teachers and mental health professionals about the identification and treatment of mental illness in children. Dr. Richard Marshall will lead this conference along with other invited guests. Teacher and professional continuing education credits to be awarded. Please call the NAMI office to be put on a notification list as location and presenter details are finalized.
(863) 533-4411

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.

The training is sponsored by SEDNET District XIV Partners, Polk County Schools, DCF- SAMH Office, and the Dept of Juvenile Justice. To be notified concerning the registration process call the NAMI office at (863) 533-4411

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