



National Alliance on Mental Illness

NAMI Jacksonville

MOVING FORWARD
ONE STEP AT
A TIME

NEWS

April 2016



COMMUNITY EDUCATION MEETING

Monday, April 18, 2016 7:00 PM
RIVER POINT BEHAVIORAL GYMNASIUM
6300 BEACH BLVD.

Dr. Jeffrey Rommel, Clinical Director at CNS Healthcare, will do a presentation on new, "more novel" treatments and studies for Depression at NAMI Jacksonville's upcoming Community Education Meeting.

In addition to information, these meetings always allow time for visiting old friends and meeting new ones.

Invite your friends that may be interested. Hope to see you!

NAMI JACKSONVILLE

PLANNED EDUCATION MEETINGS FOR REMAINDER OF 2016

PLEASE ADD THE FOLLOWING DATES TO YOUR CALENDAR. UNLESS NOTIFIED OTHERWISE, MEETINGS WILL BE AT 7:00 PM AT RIVERPOINT BEHAVIORAL HEALTH GYMNASIUM

APRIL 18

JUNE 6

SEPTEMBER 19

NOVEMBER 7

DECEMBER 5 – ANNUAL MEETING

P.O. Box 24783 Jacksonville, FL 32241

904-724-7782

Namijacksonville.org

Namijax@comcast.net



DeStigmatize Me is a music and arts event sponsored by the community, for the community, aiming to spread information, combat stigma, and raise awareness of mental health issues and the hundreds of people in the First Coast area who deal with them every day. 100% of proceeds go towards the Jacksonville chapter of the National Alliance on Mental Illness (NAMI)!

DSM is taking place at 1904 Music Hall on May 7th, from 4-10 PM. The event features local killer bands: Northe, Le Orchid, Faze Wave, Sunspots, and The Offshore.

THE INTENTION BEHIND DSM IS TWOFOLD:

- 1) Raise money for the Jacksonville division of NAMI.
- 2) Utilize music and art to provide a safe-space free of guilt and shame to start a conversation about mental health.

- As recently as 2014, Florida was ranked 49th in terms of per-person mental health expenditures. One of the biggest challenges facing the mental health community today are the stigmas, shame, and the guilt that often accompany mental health issues. As many as 60% of U.S. adults in need of mental health services go without any form of treatment every year. It is our goal to work towards ending these stigmas and to begin to drag these problems kicking and screaming out into the light.

Important links:
www.DeStigmatizeMe.com
www.gofundme.com/destigmatizeme



Board of Directors

President-Ebony Benjamin; Vice President-Kent Rutherford; Secretary- Tammy Morris
Treasurer-Ming Chan, Stella Bryskin, Chandler Coggins, Taralyn Harvey, John Metcalf, Tara Wildes, Past
President-Hayes Basford, Board Advisor-Linda Gregory

Board of Directors Meetings are held the second Monday of each month at River Point Behavioral Health,
6300 Beach Blvd at 6:00 PM.

UPCOMING EVENTS

River Point Behavioral Health Free Mental Health Screenings

Wednesday, May 25, 2016, from 3:00 PM – 7:00 PM.

River Point Outpatient Building 6300 Beach Blvd

Please RSVP to Joy King at 904-724-9202 Extension 3923.

Refreshments will be served

Mental Health Month at Jacksonville Jewish Center

May is Mental Health Month and the Jacksonville Jewish Center is offering a series of free, informative programs discussing issues such as stigma, estrangement and isolation at all ages. You are invited to join us with your guest(s).

Please click [RSVP](#) by April 25

Jacksonville Jewish Center's
RE:MIND

Mental Health Initiative Presents a Series of Programs

Opening Event – Sunday, May 1, 9:30 to 11:00 AM More Hidden Family Stories

May 9 Families in Exile—Estrangement: When enough is enough

May 16 Home Alone—Cause and effect of slipping into isolation

May 23 Special Panel Legislators in Action for Mental Health and Substance Abuse Priorities *Panelists—Representative Charles McBurney & Denise Marzullo, President & CEO of Mental Health America of Northeast Florida*

Location: Jacksonville Jewish Center, 3662 Crown Point Rd, Jacksonville, 32257

Entire Series is free and open to the community

Questions? Contact remindjax@aol.com

FAMILY TO FAMILY AND PEER TO PEER NEWS

FAMILY TO FAMILY CLASS meets once a week for 12 consecutive weeks...teachers are trained and experienced family members who have relatives with mental illness... gives insight into, and resolution of, profound concerns experienced by caregivers as they strive to cope with realities of serious mental illness.

"The course gave me hope and reduced a lot of shame, guilt and hopelessness. I see my loved one now as someone who is ill and not as someone who has a character flaw. I gained more compassion for my relative and others who live with severe mood disorders."comments from class participants.

[Sign up for new class to begin soon. 904-724-7782](tel:904-724-7782)

CLASSES FOR LOVED ONES WHO LIVE WITH MENTAL HEALTH ISSUES

PEER TO PEER CLASS taught by trained NAMI Mentors... Peer-to-Peer offers a holistic approach to recovery through a combination of teaching, discussion, interactive exercises and stress-management techniques.

"The course presented a very powerful message. It included different tools for recovery while allowing for choice, which is important to me." ...comments from a participant

[If interested, please call the Helpline at 904-724-7782](tel:904-724-7782)

CLASSES ARE FREE OF CHARGE. Pre-registration is required for both classes.

Call 904-724-7782 to register

A NAMI PROGRAM THAT IS NOW BEING OFFERED IN THE JACKSONVILLE AREA

ENDING THE SILENCE – A 50 minute prevention and early intervention program that engages youth in a discussion about mental illness. Teens learn how to recognize the early warning signs of mental illness and what to do if they or someone they know is exhibiting these signs. This program is designed for middle and high school age youth. The program is presented by a two person team, including a young adult living well with a mental illness who is able to relate to the students and who shares their own journey of recovery. Contact with this individual dispels myths, instills a message of hope and recovery and encourages teens to reduce the stigma associated with mental illness.

NAMI JACKSONVILLE FAMILY SUPPORT GROUPS

February, 2016

Support for family members and friends of people who live with mental illness.
Facilitators are family members who have been trained by NAMI

In Jacksonville....

Memorial Hospital, 3625 University Boulevard, South, Classroom 3
2nd & 4th Thursday evening (except holidays) 7:00 – 8:30 pm

Ortega United Methodist Church, 4807 Roosevelt Boulevard, in the
Library
1st and 3rd Thursday evenings (except holidays) 7:00 – 8:30 pm

Victory Celebration Church, 3220 New Berlin Road, Fellowship Hall
1st and 3rd Thursday evenings (except holidays) 7:00 - 8:30 pm

In Orange Park....

Orange Park Medical Center, 2001 Kingsley Avenue, Orange Park,
Room 2 1st floor
1st and 3rd Tuesday evenings (except holidays) 6:00-7:30 pm

NAMI JACKSONVILLE CONNECTION RECOVERY SUPPORT GROUPS

Our Connection Recovery Support Groups are facilitated by individuals who live well with mental illness and have been trained by NAMI to lead the groups... the groups are open to individuals who live with mental illness with any mental illness.

MEETING LOCATIONS....

River Point Behavioral Outpatient Building, 6300 Beach Boulevard, Jacksonville,
FL 32216
Every Thursday evening (except holidays) 7:00 - 8:30 PM

Orange Park Medical Center 2001 Kingsley Ave Orange Park Classroom 1
1st and 3rd Tuesdays 6:00 PM-7:30 PM (Except holidays)

To ask questions or obtain more information, call 904-724-7782

NAMI FLORIDA Hires An Executive Director

Healthcare Advocate and former journalist Alisa LaPolt has been selected as NAMI Florida's new Executive Director. In her new role, Alisa will be responsible for the organization's leadership, public awareness efforts, communications, and fundraising.

