



National Alliance on Mental Illness

NAMI Jacksonville

NEWS

February 2016

**MOVING FORWARD
ONE STEP AT
A TIME**

MEMBERSHIP EDUCATION MEETING

Monday, February 15, 2016

7:00 PM

**River Point Behavioral
Healthcare Gymnasium
6300 Beach Blvd**

Come join
other
members in
moving
forward to
make 2016
the best year
for NAMI
Jacksonville.

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.

Thanks and welcome aboard!!

Thanks, also, to our board members who have rotated off after serving a term: Mike Farmand, Inge Neese, and Peter Presti. We appreciate your service.

Your board will be sharing news about upcoming events, goals, and plans for NAMI Jacksonville in 2016.

Strategic Plans, Advisory Committee, Training Opportunities, Starting of new NAMI Signature Program, Advocacy, and our Fundraising Event.

P.O. Box 24783 Jacksonville, FL 32241

904-724-7782

Namijacksonville.org

Namijax@comcast.net

We have an opportunity to help raise funds for NAMI Florida and enjoy a day at a beautiful horse ranch! NAMI Jacksonville has formed a team, so when you register, be sure to click on the **NAMI Jacksonville team**. If you are unable to walk or run, you may volunteer to assist.



The 2016 Inaugural Live Oak International 5k **RUN WITH THE CHAMPIONS!**
Sun • Feb. 28th, 2016 • 8:a Chip Start

The 5th Race and a SUPER RACE in the Big Hammock Race Series!
COMPETE FOR 2x POINTS -&- SUPER RACE MEDAL

NAMI Florida National Alliance on Mental Illness 5k NET Profits Proudly Given To NAMI FL

REGISTER TODAY!: Save when you signup EARLY! Shirt size is guaranteed when you register by 2/1/16

Live Oak International 5K



The 2016 Inaugural Live Oak International 5k **RUN WITH THE CHAMPIONS!**
Sunday • Feb. 28th, 2016 • 8:a Chip Start
FIND MORE DETAILS & Register online TODAY!
LiveOakInternational.com/5k

NAMI Florida
National Alliance on Mental Illness

Race profits are proudly given to NAMI Florida who provides oversight & support to 29 local organizations throughout Florida, one of which is Ocala's NAMI Marion County. Your participation in this 5k event compassionately funds their grassroots efforts which include advocacy work as well as FREE support & educational programs for Florida families & individuals who are coping with mental illness.

THE LIVE OAK INTERNATIONAL 5K is Race #5 & a SUPER RACE in the BHR!
RUN THIS RACE TO COMPETE FOR DOUBLE POINTS!

SIGNUP TODAY!: LiveOakInternational.com/5k
Register EARLY & save! Shirt size is guaranteed when you register by 2/1/16!

Enjoy quick & easy [online registration](#) for **both** run/walk 5k Participants & Volunteers.

All Participants & Volunteers must complete the SPORTS WAIVER & LEGAL DISCLAIMER form in advance of the event.

You can also [make a donation to NAMI Florida](#)

PROPOSED DATES FOR MEMBER/EDUCATION MEETINGS

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

FEBRUARY 15

APRIL 18

JUNE 6

SEPTEMBER 19

NOVEMBER 7

DECEMBER 5 – ANNUAL MEETING

Update on Mental Health Legislation

HB439 McBurney MH SERVICES IN THE CRIMINAL JUSTICE SYSTEM passed another committee 1/27 BUT an amendment removed the nearly \$4.8 Million allocation for the Forensic Diversion programs proposed again this year for Duval and Broward Counties, in addition to J. Leifman's ongoing Dade County program. This insult was on top of the amendments in previous committees which removed Conditional Releases, because the agency put a price tag of \$74 Million on making the conditional releases work in practice. The estimate may have been justified but **DELETING THE FUNDING AND CONDITIONAL RELEASES WERE NOT JUSTIFIED**, unless the legislature is still determined NOT to fund the services needed to respond to the mental health crisis in the state.

Companion House Bill - SB 604 Diaz de la Portilla passed Judiciary Committee 1/12

919 Wood INVOLUNTARY ADMISSION TO RESIDENTIAL SERVICES (APD)

Continuity of care and review for each person's plan & release; passed its first committees 1/13, 1/28.

884 Benacquisto YOUTH SUICIDE AWARENESS & PREVENTION passed committees 1/20, 1/28

Reported by Big Bend Mental Health Coalition, Advocacy Committee, Dan Hendrickson

Please watch these bills as they pass through committees and call your legislator as appropriate.

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.

Class currently in process. Sign up for new class to begin soon. 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

New class will begin March 7. If interested, please call the Helpline at 904-724-7782

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

Call 904-724-7782 to register



NAMI JACKSONVILLE FAMILY SUPPORT GROUPS

February, 2016

Support for family members and friends of people who live with mental illness.

In Jacksonville....

Memorial Hospital, 3625 University Boulevard, South, Classroom 3
2nd & 4th Thursday evening (except holidays) 7:00 – 8:30 pm
Facilitators: Nancy Longmire (770-895-2803) and Heather Cornell

Ortega United Methodist Church, 4807 Roosevelt Boulevard, in the Library
1st and 3rd Thursday evenings (except holidays) 7:00 – 8:30 pm
Facilitators: Jon Jennings and Peggy Harrell (904-388-5166)

Victory Celebration Church, 3220 New Berlin Road, Fellowship Hall
1st and 3rd Thursday evenings (except holidays) 7:00 - 8:30 pm
Facilitators: Darlane Valentine (904-757-2203) and Deepti Mughal

In Orange Park....

Orange Park Medical Center, 2001 Kingsley Avenue Orange Park,
Florida 32073, ROOM 2 1st floor
1st and 3rd Tuesday evenings (except holidays)
6:00-7:30 pm
Facilitators: Judy Bennett (904) 264-6402, Dee Burr, Kent Rutherford



NAMI JACKSONVILLE CONNECTION RECOVERY SUPPORT GROUPS

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

MEETING LOCATIONS....

River Point Behavioral Outpatient Building, 6300 Beach Boulevard, **Jacksonville**,
FL 32216

Every Thursday evening (except holidays) 7:00 - 8:30 PM
Facilitators: Chandler Coggins and Lora Inman

****NOTE NEW LOCATION:**

Orange Park Medical Center 2001 Kingsley Ave Orange Park, FL 32073
Tuesdays 6:30pm-8pm Classroom 1 (Except holidays)
Facilitators: Gayle Coleman and Mindy Obi

For more information, please call our Helpline at 904-724-7782

DE STIGMA TIZE ME!

Celebrating strength – Eliminating stigma

The event

saturday, may 7th 4pm to 10pm

Tickets: \$10

Sponsored by local businesses

Music- art provided by local schools and colleges

Misc - On site t-shirt printing and raffle/silent auction with goods from local business

Food- provided by Spliff's Gastropub

Destigmatize Me is an idea born out of frustration

Destigmatize Me is an idea born out of empathy

Destigmatize Me is art

Destigmatize me isn't just and event, it's a mindset

For more info

email - info@destigmatizeme.com

website – www.destigmatizeme.com

phone – 904-583-7879