

INSIDE THIS ISSUE

Match Day 2014 1
 June 12, 2014

Upcoming Education Classes

African Dance Festival

Sharing Hope, June 12 . . . 1

Family-to-Family, Fall class
 starts September 2 2

NAMI *Basics*, Fall 2014 . . . 2

Ending the Silence for high
 schools 2

Support. 2

Monthly Support Group
 Socials

Community Partnerships 3

Crisis Intervention Training
 The Gathering, October

Mental Health First Aid Course. . 3

Our Thanks. 3

President's Message 3

Our Highest Recognition 4

**DOUBLE YOUR DONATION
 MATCH DAY - JUNE 12, 2014 - A ONE-DAY EVENT**

Last year, during the Community Foundation of North Florida's *Match Day* event, NAMI-Tallahassee garnered the full \$1,000 match. After the transaction fees, our net receipts from the Foundation were \$2,066.01. Needless to say, we are gearing up for June and asking you to make a mental note to make the most of your contribution on this one day event. We'll provide more information as we get closer, as this has become a major event for the affiliate. Your help and charitable giving is essential for us to carry on our NAMI programs.



We are proud to have received *Reviewed* status in our Community Foundation's online database, www.FindLearnGive.org. Check us out--just access the website and type in NAMI for organization search. As one of the most transparent non-profits in the Big Bend region, our donors, constituents and volunteers will be able to see information about our people, board and finances all in one place. Donors may then make a gift by credit card or from your donor advised fund at the Community Foundation.

How to Participate:

- On Thursday, June 12, from 8am to 8pm, go to www.FindLearnGive.org and search for NAMI-Tallahassee.
- All gifts must be made by credit card using the "Donate Now Match Day" button to be eligible. Cash or checks are not acceptable.
- The minimum gift accepted is \$25. There is no maximum per gift.
- Each organization is eligible for a maximum of \$1,000 in matching funds.



NAMI Sharing Hope - June 12-14

Sharing Hope to participate in the Florida African Dance Festival
 NAMI's *Sharing Hope* has been invited to participate in the 17th annual statewide dance festival, held at Tallahassee Community College's Sports Complex on Saturday, June 14 from 11 to 12 noon. For more information on the 3-day event, link to www.fadf.org.

Originally a national NAMI education initiative that partnered with African-American congregations, the program has expanded to provide mental health education and support to organizations with a predominantly African American population. The program format is a one-hour presentation which provides an overview of mental illness, treatment and recovery from a panel of people who have personally experienced these illnesses. To schedule a presentation, email: shope@nami-tallahassee.org.

Education Classes: How to register

All signature NAMI programs are taught by NAMI certified trainers in a confidential setting. The instructors are individuals or family members living with a mental illness. Classes and materials are free for class participants, but advance registration is required as space is limited -- **so register early!** An online registration form and information is published on the affiliate's website: www.nami-tallahassee.org.

NAMI Family-to-Family

Fall Class: Tuesdays, September 2 - November 18

The NAMI Family-to-Family Education Program is a free 12-week course for family members and friends of individuals with mental illness. In May 2013, the course was added to the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence based Programs and Practices. It is also recognized by the American Psychiatric Association, said to "significantly" improve coping and problem-solving abilities of family members of individuals living with mental illness. The results of the landmark study were published in the association's June 2011 Journal, *Psychiatric Services*. The National Institute of Mental Health also references the study on their website at: <http://1.usa.gov/mBmAKt>. We are fortunate to have veteran teachers **Paul and Nita Kirkpatrick** as the instructors for the fall class.

NAMI Basics



*(L-R) Off to National: Manning a table at the Whole Child Leon Screening Initiative on April 4th are NAMI Basics teachers **Nancy O'Farrell** and **Cindy Foster**. Nancy and Cindy will be representing NAMI-Tallahassee at the National NAMI Convention in Washington, DC in September.*

Basics Classes continue for Fall of 2014

Basics is a 6-week peer-led educational program for parents and caregivers of children and adolescents with a mental illness. The course is facilitated by trained parents or caregivers of individuals who developed mental illness symptoms prior to the age of 13. The inaugural class was held February 2014. We have four teachers trained, so watch for subsequent class dates to be posted on the website.

School professionals often recognize warning signals before family members do, but admit feeling ill equipped to address the needs of these students and how best to communicate and work with families. *NAMI Basics* provides a referral resource that families can access at no cost to themselves. We believe that early identification and treatment is of vital importance, impacting the well being of families and an individual's ability to achieve independence. By working to ensure access to the treatment and recovery supports; education success is accelerated and further harm related to the course of illness is minimized for the student.

Ending the Silence is a brand new in-school presentation about mental health specifically for high school students. Students are taught the importance of treatment and support for mental illness directly from family members and individuals living with mental illness themselves. Thank you to **Cindy Foster** and **Deidre Krzanowski** for presenting to three classes at **Wakulla High School** in May. To schedule a presentation for a high school, call 651.239. 8805.

Support:

Support Group: 2nd Tuesday of each month - 7:00 to 8:30 p.m.

St. John's Episcopal Church - 211 North Monroe Street - Cobb Library, off the courtyard. Parking is available at the rear of the church off Calhoun Street and attendees should enter through the Calhoun Street entrance of the church. The group is led by NAMI trained facilitators who strive to provide an atmosphere of mutual consideration, forbearance and protection -- offering individuals the opportunity to learn from each others' experiences, share coping strategies, encouragement, and understanding.

Affiliate Socials Continue

Started in January of 2013, under affiliate President **RoseAnn Scheck**, *Socials* are offered several times a year. They are designed for individuals living with mental illness and their families and friends. Many individuals living with mental illness are dependent on Social Security Disability with limited funds for socializing.

We've shared BBQ, box lunches, hamburgers, hot dogs, chili and pizza. Events have included picnics at area parks, movies and game days. April's Social was held at All Saints Cinema and Apalachee's Drop-In Center served as the host for the May event.

Cooperative/Community Partnerships :

Save the Date: The Gathering 2014 - Peers, families and advocates focused on recovery During Mental Illness Awareness Month – Always in October

A continuation of the Bend Mental Health Consumer/Family Conference held in May of 2012. The 2014 conference is a cooperative event organized by Tallahassee's Peer Leadership Group; Depression and Bipolar Support Alliance (DBSA); NAMI-Tallahassee; Big Bend Mental Health Coalition and The Outlet.

Request a CIT Trained Law Enforcement Officer

Crisis Intervention Teams (CIT) Training 10-Year Anniversary: Next class July 21-25

Crisis Intervention Teams provide a police based response to persons experiencing a mental health emergency. CIT certified officers complete an intensive 40-hour training program that includes signs and symptoms of mental illnesses, information about community mental health resources and specific de-escalation techniques for managing calls involving persons with a mental illness. The training as well as the deployment of teams in Leon County is based on a nationally recognized and evidence based model of crisis intervention commonly referred to as the "Memphis Model" of CIT. NAMI partners for CIT training with the Tallahassee Police Department and Leon County Office of Court Administration. CIT training has been offered for 10 years with an average of two classes a year. It is an ongoing program and is available to all law enforcement agencies in the Big Bend Area. We are grateful to the many volunteers and assistance of our local mental health providers that contribute to its success.

I am truly thankful for their kind compassionate treatment of (my son). The (911 operator) was efficient, clear and able to keep me calm. I asked for a CIT officer and he sent two. They (officers) were phenomenal. . . they listened to (my son) and gained his trust. I have dreaded the first time that he would have to be Baker Acted, but they took care of the situation with respect and dignity.

Unsolicited commendation of Tallahassee Police Department officers

Apalachee Center offers "Mental Health First Aid" Course

Apalachee offers an 8-hour *Mental Health Aid First Aid* course on a regular basis. Many of our Board members have attended the course and recommend it to our community. There is a \$15 fee to attend. To register, email Kim Owens at kimo@apalacheecenter.org or call 850.523.3333, x 2264.

We are pleased to share that earlier this year, Apalachee Center and NAMI-Tallahassee established a community partnership "to provide: mutual support in widening access to; family support concerning; and education regarding; behavioral health services."

Our Grateful Appreciation To:

- **Apalachee Center**, meeting & classroom space (Crisis Intervention Teams for law enforcement, "Family-to-Family," Socials);
- **Florida Council for Community Health**, space for "Basics" classes education and other meetings;
- **Hancock Bank**, space for education and other meetings;
- **Maclay School Key Club**, for a generous donation;
- **Magellan Health**, notebooks and copying for Crisis Intervention Team classes for law enforcement;
- **St. John's Episcopal Church**, Support Group meeting space
- **St. Stephen Lutheran Church**, meeting space for Socials and Annual Meeting
- **TallyTies**, for choosing us, a spectacular fundraising Gala and loads of volunteer time.

President's Message:

Flip charts under my bed -- boxes in the closet

We are proud of NAMI-Tallahassee's accomplishments as an organization that operates without staff or office space. Thanks to **TallyTies**, we were fortunate to end 2013 with left-over revenues and "roll-over" funds from previous years. For this reason, we have increased our educational programming and community service significantly over previous years.

We're good stewards. We are grateful that NAMI was there for us and will continue to ensure it is there for others.

Pat Stephens



(L-R) An \$8,000 check presentation from TallyTies, with Nancy O'Farrell, Bob Barnette, Matt Liebenhaut, Brian Sealey and RoseAnn Scheck.

NAMI-Tallahassee Board of Directors and Committees

President: *Pat Stephens*
1st Vice-president: *Cindy Foster*
2nd Vice-president: *Denise Barber*
Secretary: *Marsha Slade*
Treasurer: *Bob Barnette*
Immediate Past-president
RoseAnn Scheck

Board Members:
Margie Armstrong
Matt Liebenhaut
Dick Stephens
Doris Strong
Ann Waltz

Committee Chairs

Awards: *Debbie Vincent*
Basics: *Cindy Foster*
Bylaws: *Ann Waltz*
Facebook: *Amy Jowers*
Family-to-Family:
Christine Waldman
Helpline: *Faye Barnette*
Member Communication:
Nancy O'Farrell
NAMI on FSU Campus:
Barbara Cottrell
Sharing Hope: *Doris Strong*
Socials: *Denise Barber*
Support Group: *RoseAnn Scheck*
and Nancy Fruin

Pat Brown Receives NAMI-Tallahassee's Highest Recognition



The affiliate presented **Pat Brown** with the *Iris Award* at its December Annual Meeting. The award is our highest and we do not bestow it lightly nor on a regular basis.

Most of us met Pat early on. As the affiliate's monthly Support Group facilitator, she served as the first contact for persons in need of encouragement and help for over 13 years. There have been many other roles: officer and member of the executive board; librarian and custodian of the affiliate "book-mobile"; tireless fundraiser; database guru; creator of countless brochures and flyers; initiator of the "White Elephant" gift exchange; and most recently maintenance of a large section of Sharer Road through the city *Adopt-A-Road* program, giving all credit to NAMI-Tallahassee.

Typical of Pat, she wrote us a "thank you."

This award means so much to me because I hold in such high esteem the people who presented it to me. I deeply admire everyone in this organization for their dedication to making better the lives of the people who have to deal with mental illness – you have to fight a society that is often ignorant and unable to effectively deal with it.

Past recipients include:

John Bailey, DO, PA; Hon. Thomas Bateman; Barbara Benda; Ellen K. Berkowitz, MD; Kendra Brown; Peter Debelius-Enmark, MD; Hon. Ron Flury; Sadie Gordon; Joseph Collin Haley, Carl Mahler, MS; Rosalyn Newport-Olson, MSW; Nancy Replinger, RN; Hon. Jonathan Sjostrom; Debra and Richard Spears; Ines Bragado-Spence, MD and Commissioner Cliff Thaell.

The criteria for the award, along with a Nomination Form is available under the "Iris Award" navigation tab at www.nami-tallahassee.org.

■ ■ ■