



THE VOICE

NATIONAL ALLIANCE ON MENTAL ILLNESS
PALM BEACH COUNTY

FROM THE PRESIDENT—BY LIZ

WE'RE BACK!

Cristina, Curtis and I have returned from our trip to Washington, DC where we attended the NAMI National Convention. We missed you last month and hope you missed us. The Convention was great – lots of people from all over the United States, informative workshops and symposia.

The highlight of the Convention was our trip to Capitol Hill where we were honored to meet with three of our congressional representatives, Alcee Hastings' Senior Legislative Assistant, Amye Greene, Ted Deutch and Ron Klein. It was a wonderful opportunity to formally introduce NAMI/PBC to the legislators and their staff to talk about the pressing challenges the people affected by mental illness are facing in Palm Beach County. Another illuminating event was the motivational keynote address presented by Rep. Patrick Kennedy prior to our trip to the Hill. NAMI National presented Kennedy, who is leaving Congress this year, with its highest honor, the Distinguished Service Award, for leading the charge in the House of Representatives for mental health insurance parity.

After the convention, my husband and I left Curtis and Cristina to travel to the Big Apple to join fellow Board members Anne and Pete Skowronek for a tour of Fountain House, the largest ICCD clubhouse. This was quite an experience. The Fountain House was gracious enough to house my husband



From Left: Cristina, Liz and Curtis on Capitol Hill

NAMI/PBC General Meeting

“LEARN ABOUT THE BENEFITS OF OUR
COMMUNITY DROP-IN CENTERS FOR PER-
SON WITH MENTAL ILLNESS”

JOIN US AT THE MAIN LIBRARY

3650 SUMMIT BLVD,
WEST PALM BEACH

MONDAY AUGUST 9, 2010
AT 6:30 PM

Free & Open to the Public

and me for the night in mid-town NYC for free! For any of you who have stayed in NYC, you know that is near to impossible. We are deeply indebted to the folks at Fountain House for putting us up and affording us the opportunity to learn about their model clubhouse. We would also like to extend our warm wishes to Lorna Graev who extended the invitation and just became a grandmother; Julio for his extensive, fact-filled tour; and Ken Dudek for taking the time to meet with us.

Check out the Gallery on our website at www.namipbc.org for pictures from the Convention.

NAMI CONVENTION HIGHLIGHTS

BY CRISTINA ANDREOLI

FINANCING AND EXPANDING CHILDREN'S MENTAL SERVICES

Despite glaring problems at the country's state and community level, the options to increase the services for children and their families include the implementation of the following: the NAMI Basics and Breaking the Silence courses (with multicultural perspectives); support groups for adolescents and

NAMI FAMILY SUPPORT GROUPS

WEST BOCA RATON

Ruth Rales Jewish Family Service

21300 Ruth and Baron Coleman Blvd., Boca Raton, FL

Meets the 1st Monday of the Month; 6:30–8 pm

(Ruth Rales also has a Family Support Group on the *Temple Anshei Shalom, 7900 W. Atlantic Ave., Delray Beach, FL, 3rd Wednesday of the Month*)

BOYNTON BEACH/DELRAY BEACH

Hagen Ranch County Library

14350 Hagen Ranch Road, Delray Beach

Meets the 2nd Wednesday of the Month; 6:30pm

LANTANA (SPANISH-SPEAKING)

Lantana Library

4020 Lantana Road, Lake Worth, FL

Meets the 4th Saturday of the Month;

10:30am–12:30pm

LAKE WORTH

NAMI/PBC Office on 10th Ave., No., Ste D

Meets the 4th Monday of the Month; 3pm

JUPITER

County Library on Military Trail

Meets the 3rd Thursday; 6:30–8pm

WELLINGTON

Wellington Public Library on Royal Fern Dr

Meets the 2nd Monday of the Month; 6:30–8:30pm

CALL 561-588-3477 FOR INFO

CONSUMER SUPPORT GROUPS

NAMI CONNECTION RECOVERY SUPPORT GROUP

Jo's Place @ South County MHC

16158 S. Military Trail, Delray Beach

Mondays, 1–2:30pm

PEER COUNCIL MEETING

NAMI/PBC Lake Worth Office

1520 10th Avenue N, Suite D, Lake Worth

Sunday, August 22, 11:00am–12:00pm

young adults coupled with family support groups; medical home setting model in partnership with families; advocacy; wellness perspectives; psychosocial interventions (to teach coping skills); involvement of school PTA's; cognitive behavior therapy taught to more psychiatrists; school teachers trained in empathy and mental illness; and training of school psychologists. A web site will be created for support groups for teens and youths.

EMPLOYMENT MODELS

The International Center for Clubhouse Development (ICCD) Clubhouse offers acceptance, hope, housing, education, health care and employment. The following aspects should be implemented in clubhouse development; adherence to multicultural perspectives; a commitment for success and progression in a peer's employment career; strong sales pitch to successful community businesses; a strong community-based board; formal clubhouse accreditation and training; existence of clubhouse feeder into the criminal justice system; and a training relationship with CIT officers.

MULTI-CULTURAL MENTAL HEALTH RESEARCH

The symposium brought to light the barriers existing to the resolution of mental health issues faced by people from different backgrounds – underinsurance, underrepresentation in research, lower quality of services (misdiagnosis) and lesser access to care (medication, hospitalization, therapy) as well as the different recovery paths taken – greater use of religious services, prayer/spirituality. The symposium advocated for: more data collection by race and language; collaboration with alternative health providers; education of health care professionals (In Living Color) multi-cultural aspect inherent in the publications for psychiatrists; support and education for multi-cultural youths.

TELLING TO TOUCH: SHARING YOUR STORY IN FAITH COMMUNITIES

In order to raise awareness amongst congregations and clergy on the topic of spirituality and mental illness, there is a need to recount our personal life stories and brainstorm with congregations enabling the rise of interest and education on the topic. A form to write one's personal story emphasizing succinctness and essential elements was used in a skills-building workshop which emphasized the effectiveness of stories; and the support that congregations and spirituality can offer people living with mental illness.

OUTSPOKEN YOUNG MINDS (OSYM): EFFECTIVE COMMUNITY OUTREACH FOR YOUTHS AND THEIR FAMILIES

OSYM is an outreach project actively engaging youths, high schools, the criminal justice system, faith organizations and diverse health care providers so as to carry out support groups for youths (15-25) and families; and educating the community about resources and early intervention through specialized conferences.

BIPOLAR DISORDER – ASK THE DOCTOR SERIES

Dr. Ken Duckworth, NAMI Medical Director, emphasized the importance of peers developing a good relationship with one's psychiatrist so as to be able to 1) obtain higher dosages of medication (for shorter periods of time) equivalent to the more intensive mental health symptoms and 2) analyze symptoms over a longer period of time so as to understand patterns. The following points are critical: investing time in documenting data about one's experience so as to track behavior with and without medicine/psychotherapy; realizing that we are the best experts on our illnesses; and understanding the value of cognitive behavior therapy so as to stop catastrophic thinking; as well as the value of aerobic exercises to positively influence anxiety and depression. Two good tools were recommended – "Mood Mapping" by Liz Miller for mood charting and the electronic tool "Mood Minder" for tracking moods.

SCHIZOAFFECTIVE DISORDER: ASK THE DOCTOR

Dr. Suzanne Vogel- Scibilia, M.D., stated that we are still in the inception period in mental health science and medicine, like we were in the 1870's for internal medicine. The talk highlights were – the potential need for new medicine as we grow older; the cognitive/memory problems with all three major mental illnesses; the need for more aggressive treatment of co-morbid illnesses (blood pressure; diabetes; cholesterol) to avoid early deaths; the related need to take senior vitamins/mineral supplements from our 30's onwards; the resulting need to be on a low fat, high-fiber diet; the fact that mental illnesses tend to be progressive so that symptoms generally get worse, but people can get into a recovery groove with proper care; and the fact that small numbers of people are totally cured, but need to be on lower dosages of anti-psychotics if this is the case. Anti-diabetes drugs before the onset of diabetes may be the way of the future.

WORKSHOPS I ATTENDED AT THE CONVENTION

BY CURTIS RUSS

IMPLEMENTING FEDERAL HEALTH RE- FORM

This workshop was detail oriented and fast moving because there was so much material which was covered. The first major point which was stressed was that Health Reform would increase access to health care for 32 million people who currently do not have health care. Key concepts which were covered were the following: health care exchanges, health information exchanges, high risk pools, benchmark plans, essential benefits and the Web portal (www.healthcare.gov).

EXPANDING ACCESS TO AFFORDABLE HOUSING FOR PEOPLE LIVING WITH MENTAL ILLNESS

NAMI National has worked collaboratively with United Cerebral Palsy and Easter Seals on Affordable Housing issues. One of the main focuses of this presentation was the fact that people on Social Security Income (SSI) are "priced out" when it comes to housing. The maximum a person can receive on SSI is \$637 a month. With a one bed room apartment at 112% of SSI and a studio/efficiency at 99% of SSI people who are on SSI cannot afford housing. The affordable rent for a person on SSI should be \$200 a month with a permanent rent subsidy to fill the gap. For more information visit www.TACINC.org and click on the link to "Priced Out in 2008". This is a PDF file which is free and can be downloaded and printed.

LOST AMONG THE HOMELESS

There are one million people missing who are not in the FBI's NCIC database. There are only 110,000 people listed as missing in the NCIC database. Fifty percent of homeless have a mental illness and 200,000 of homeless have schizophrenia or bi-polar disorders. There currently is no way to cross reference between when a person is arrested with a missing person's report. Further information can be found at these following Web sites: www.namus.org, www.treatmentadvocacycenter.org and www.outpostforhope.org.

AN INTERVIEW WITH MY HUSBAND

BY LORI JO BAACH

After dinner one night, I decided to converse with my husband, Steve, for the record, about how he felt being married to someone labeled with the disease of "schizophrenia". The following is a dabbling of what transpired.

Q. What is the worst part of my illness that affects you?

A. Trying to get you up in the morning; the medicines take you so far under.

Q. Do you ever feel embarrassed by me?

A. Never. I could put you in a group of 1,000 people and unless you put a sign on your forehead no one would know you had schizophrenia. How could someone be embarrassed after conquering what you have achieved. In a sense you have beaten your illness even though it hasn't gone.

Q. In the eight years that we have been married, have you noticed any changes in my mental state?

A. Eight years ago you had those occasions of hearing voices. Today it has totally dissipated. I used to have to

tell you to get up, move around, change the environment. Each year it is less and less.

Q. When you married me, did you know what you were getting into?

A. Heck No! Absolutely not, and I still don't know ... you don't know until you actually start living with someone.

Q. What do I Give you in the marriage?

A. Because of your illness you are possibly more willing to make this marriage work than a non-afflicted person.

Q. Are you glad you married me?

A. You bring so much to the table. Every day you surprise me with something new. I never know when I'll be confronted with a Lori Jo-ism.

... AND THEN THE MUSHY SIDE OF THE INTERVIEW - WHEN WE BOTH LOCKED TEARY EYES CONFIRMING THAT WE BOTH DO TRULY LOVE ONE ANOTHER NO MATTER WHAT.

KUDOS FOR CRISTINA

BY LIZ DOWNEY

After developing and conducting several Strategic Planning Workshops over the last year, on June 1, NAMI's Executive Secretary, Cristina Andreoli, completed our Strategic Plan for 2010-2011. This plan will be instrumental in providing our affiliate with the focus needed to productively effect our short-term goals of 1) achieving and sustaining ongoing funding, 2) developing an organizational plan for HR and IT and 3) effecting program expansion and enhancement.

At the same time that Cristina was preparing our Strategic Plan, she also worked on writing her first grant proposal. Through her extensive efforts, on June 4, NAMI/PBC was awarded a grant from Nonprofits First which will enable us to upgrade our IT equipment and purchase new software. To date, the capability of producing statistical reports and keeping cumulative data on our programs has been labor-intensive and time-consuming. In order to track the effectiveness and ensure the quality of our outreach, support and educational services, our affiliate needed to upgrade our equipment and integrate new program software. Also, many funders require statistical data to assure there is a need for the requested assis-

IN MEMORIAM

NAMI-PBC regretfully reports the passing on June 12, 2010 of Dr. Harold Friedman, one of the affiliate's original founders. In addition to helping set up our NAMI in 1983, Dr. Friedman served for many years as its volunteer executive director. He was also one of the earliest presidents of NAMI Florida, and, with his wife Joyce, devoted passion, expertise and generous amounts of time to improving the treatment and housing of people living with mental illness, to educating their families and to fighting stigma. NAMI-PBC extends condolences to Dr. Friedman's wife Joyce, daughter Judith, sons Donald, Andrew, Douglas and Peter and seven grandchildren. The family has asked that gifts in Dr. Friedman's memory be directed to NAMI-PBC or NAMI Florida.

(Continued from page 4)

tance.

At our June General Meeting at Jeff Industries, NAMI presented Cristina Andreoli with an award for Excellence in Service for her leadership, selfless dedication and hard work.

TRENDS IMPACTING NON-PROFIT FUNDRAISING AND WHAT TO DO ABOUT IT

BY CRISTINA ANDREOLI

James Mueller, spoke on June 17 at the AFP (American Fundraising Professionals) lecture entitled “Trends Impacting Nonprofit Fundraising and What to Do About It” which was held in West Palm Beach. I found it a most fascinating lecture and one that speaks volumes to an overall more positive environment which has coalesced out there for nonprofit fundraising. He stated that the recorded downward trend of donations in 2009 – 3.6% in total - had been offset by an increase in the donors’ time given to nonprofits. Additionally, there had been an overall giving upsurge directed to nonprofits in the early stages of 2010. There had been a new high increase of giving by nonprofits themselves; and individual major gifts had rebounded. Finally, a harbinger of better times is the fact that 59% of donors surveyed in 2009 stated that they preferred giving their funds to nonprofits rather than to other sources. The stock market had recently gone up which is always in itself a predictor of giving. The speaker pointed out that a total of 3.8% of donations had gone to the health sector.

Historically, various familial, societal and religious motivations, including noblesse oblige, have galvanized giving, but it is always the case that inspiration for donations has come about in the presence of a crucible of various elements - “meaning, value and impact” of the cause of choice. In fact, two other factors have always been associated with donations – efficiency and turnaround investment in action or programs.

Mr. Mueller stated that these days the situation is more complex. There has been a burgeoning of the nonprofit sector with a resulting high competition for the existing pool of funds. There is, also, a budding trend of newer organizations which have taken away donors from the more longstanding organizations. The newer organizations all surf the web, engage in social networking and, most importantly, have a considerable capacity for “innovation”. In the words of the speaker these new agencies are “nimble”. The donation environment can be characterized as a “survival of the most innovative” (agencies), engaging in collaborative relationships with other recipient agencies. Within this new trend for collaboration (specifically “low cost” collaboration with “low integration of services”), mergers between agencies are the last choice.

Trends during the Haitian crisis show that US giving polarized around those nonprofit agencies that exhibited the following characteristics- **being trusted with a recognized cause and brand; perception of quality and impact; having the right “band of believers”;** **responsiveness to the need of the moment.** The really interesting thing about the importance of trust is that donors surveyed during 2009 overwhelmingly choose trust over finances as a determinant to donations. Of great incidence to nonprofit agencies is the fact that 56%- 58% of donors surveyed in 2009 showed a high trust in NGOs (Nongovernmental Institutions), NGOs featuring as the third



Cristina Andreoli receives a grant from Nonprofits First on behalf of NAMI/PBC

most trusted entity in the USA.

This information leads us straight into the question addressed by the speaker as to what makes a nonprofit agency successful in attracting donors nowadays? In the final analysis, the speaker summarized the following six elements as guarantees of donation receipts by agencies during current times - **having a “crisp” vision; having a “crystal clear” mission, brand and position; being “persuasive” based on a value proposition; having a band of believers; being an innovator (collaboration); and being creative and exploring ideas with passion, with respect to the need and based on high capabilities.**

Based on its history, I really believe that NAMI/PBC continues to be well positioned to enhance its fundraising strengths and characteristics. What makes NAMI/PBC attractive to donors and what has it done to warrant attention from funders? Fundraising is recognized as being very much a NAMI/PBC corporate responsibility at the highest level. With that in mind, the Board members have engaged in a recent Strategic Planning exercise which has yielded new substantive articulate mission and vision statements. The Strategic Plan itself will be a most useful tool furthering NAMI/PBC’s impact in the community, since it will assist NAMI/PBC Board Members in engaging in fundraising conversations with a wider range of potential corporate, nonprofit and other donors during the 2010-2011 period. As for the NAMI brand, by itself, it has a recognized intrinsic value; a critical mass of information on NAMI/PBC’s brand and its position on mental

health needs in Palm Beach County are reflected in the Strategic Plan. Being persuasive is another element which warrants attention from donors - NAMI/PBC has become increasingly capable in spreading its voice in the community, speaking often and eloquently at the executive level at agency health meetings and at its General Meetings. Having a band of believers in NAMI/PBC is considered to be another great fundraising element. We have increased our believers by obtaining their trust as and increasingly they are past donors of the affiliate. As for innovation, collaborative alliances with other agencies in the community are hard to put into place, but we are working on this issue. Creativity, passion and high capability are at the root of NAMI/PBC’s work, particularly the President’s, who has always brought attention to critical NAMI concerns due to her capabilities, persuasiveness and a precise identification of need.

OUTREACH EFFORTS— IDENTIFYING EARLY ONSET SIGNS & SYMPTOMS

BY LIZ DOWNEY

With approximately 26% of our population (12% of children under the age of 18) having diagnosable brain illnesses, it is imperative that our focus be directed to early identification and intervention to prevent these illnesses from progressing to the more severe stages. NAMI/PBC has recently had two wonderful occasions to bring this awareness to our community.

PBC School Guidance Counselors – On Monday, June 8, NAMI/PBC was privileged to present our Parents & Teachers As Allies program at the summer workshop for elementary, middle and high school guidance counselors for Palm Beach County Schools. This program identifies the warning signs and symptoms of early on-set child and adolescent mental illnesses and is presented by a four-member team of family members and peers. It was a great opportunity to introduce NAMI to these dedicated school professionals and to learn their perspectives about the challenges they face. NAMI/PBC would like to extend our deepest appreciation to Sue Mills for volunteering as our Educator/Family Member, Paul Gionfriddo as our Presenter/Family Member and Fred Orr from Peer Place as our Presenter/Peer. A little over half of the expected 60 counselors attended the presentation; however, the evaluations and feedback we received were enthusiastic

ANNOUNCEMENTS

8/4/10

Board of Directors Meeting
1520 10th Ave, Ste D, Lake Worth at 5:30pm

8/7/10

Kidney Association Health Fair
J.A.Y. Ministries, 2831 Avenue South, Riviera Beach
33404, from 11am-3pm

8/9/10

NAMI/PBC’s General Meeting
“Benefits of Our Community Drop-In Centers For
Persons With Mental Illness”
Main Library, 3650 Summit Blvd, West Palm Beach
at 6:30pm (Free)

NEW BOARD MEMBERS

We want to thank Marcia and Bob Brixius for their service on the Board, and although they are no longer able to serve on the board, we are pleased that they will be able to continue their volunteer service as Family-to-Family Instructors.

NAMI/PBC directors are pleased to announce the election of two new Board members to fill these vacancies:

- Curtis Russ, who has served over the past year on the Advisory Council and serves in the office as our Peer Specialist. Curtis has many years with NAMI and the Board will benefit from his vast knowledge and experience in the mental health field. Curtis also chairs our Membership Committee and will be our IT Director.
- Blake Oliver, who has served as our bookkeeper for the last two years. Blake also volunteered to serve on the Executive Committee to fill the Treasurer vacancy and was unanimously elected by the directors to serve the remaining term. Blake will chair our Budget Committee.

and confirmed the need for and importance of this information.

Parent-Child Center – On Monday, June 14, we were invited to give a presentation on NAMI's programs and provide information on early onset symptoms of child and adolescent mental illnesses to over 70 staff members of the Parent Child Center in Riviera Beach. The audience consisted of therapists, case managers, nurses, LMHC's and LCSW's and very few had any knowledge of NAMI. NAMI would like to thank Marla Berger providing us with this opportunity. The highlights for everyone were the personal stories by Andrew, a 16-year old high school student and Cristina, our Board Secretary. Both shared their "lived experience" of being in recovery with bipolar and answered questions from the audience. The evaluations we received were overwhelming; thanking us for coming in, requesting further information on NAMI's programs, and offering to refer clients to our educational programs. Several signed up for our fall offering of the Provider Education Course. Many also expressed an interest in volunteering their services for a teen support group/club. One of

the goals of NAMI/PBC's Strategic Plan for 2010-2011 is to initiate support for 13-17 year olds and young adults aged 18-28.

UPCOMING COURSES

Peer-to-Peer Education: Our Fall Peer-to-Peer will begin in October and is scheduled to be held at South County Mental Health Center in Delray Beach. Anyone interested in registering for this offering, please call the office and speak with either Curtis or Cristina to get on the wait list. (We are pleased to announce that due to our sizeable wait list for our Peer-to-Peer Education course, we have been able to fill a course which began July 10. The instructors will be Lori Jo Baach and Bob Christensen assisted by Peter Davey.)

Family-to-Family Education: Our next course will begin in late August from 6:00pm-8:30pm. As this course fills up fast, please contact the office to get on the wait list.

Provider Education: Our next course will be held at Jeff Industries in Hypoluxo in mid to late August from 4:30pm-7:30pm. Please contact the office to get on the wait list if you are interested in taking this course.

SOUTH FLORIDA NAMI WALK

On June 18, a meeting was hosted by NAMI Florida and NAMI with representatives from NAMI Broward and NAMI PBC to discuss a bi-county walk to be held in Ft. Lauderdale.

Both NAMIs agreed to a combined walk to be held at a central location to both Broward and Palm Beach counties in early spring of 2011. NAMI/PBC is proud to announce that Curtis Russ has volunteered to serve as Co-Walk Manager for the event.

This Walk will be a huge opportunity in both counties to spread awareness about mental illness and to develop important relationships with local business communities. WE NEED YOUR HELP! And hope all of you will participate by joining a team, initiating their own team with your employer or assisting us by volunteering or securing sponsors for NAMI/PBC.

National Alliance on Mental Illness of Palm Beach County
1520 10th Avenue North, Suite D
Lake Worth, FL 33460

NON-PROFIT ORGANIZATION
US POSTAGE PAID
WEST PALM BEACH, FL 33460
PERMIT NO. 1327

Or Current Resident

NATIONAL ALLIANCE ON MENTAL ILLNESS
PALM BEACH COUNTY'S VOICE ON MENTAL ILLNESS
ADVOCACY, EDUCATION & EMOTIONAL SUPPORT ARE AT THE HEART OF OUR SERVICES.

NAMI/PBC Membership

- | | | | | | |
|------------------------------------|-------|------------------------------------|------|---------------------------------------|------|
| <input type="checkbox"/> Voting | \$45 | <input type="checkbox"/> Family | \$55 | <input type="checkbox"/> Professional | \$65 |
| <input type="checkbox"/> Corporate | \$250 | <input type="checkbox"/> Open Door | \$5 | <input type="checkbox"/> Student | \$15 |

NAMI Membership exists at 3 levels: Affiliate, State & National; with just 1 payment, you'll be joining all 3 at once! As a member, you will receive: cutting-edge newsletters & publications, like *The Voice* & *The Advocate*, action alerts & leadership opportunities, plus advanced notice of upcoming meetings, classes & events.

NAMI is a 501(c)(3) non-profit, charitable organization—contributions are tax-deductible to the fullest extent allowed by law. *Together*, we can continue to fight for all those affected by mental illness. *Thank you!*

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WWW.NAMIPBC.ORG
INFO@NAMIPBC.ORG

Check here for renewal:

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City/St: _____

Zip: _____ Phone: _____

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I'd like to support NAMI's
with a donation of:
 \$5 \$10 \$25
other: \$ _____

- I'm interested in volunteering with NAMI/PBC.
 I wish to opt out of NAMI's solicitation.

*Members are NAMI/PBC's
lifeblood; your joining
helps us continue to provide
free outreach, support &
education. In bringing
mental health issues to
wider attention, we advocate
for better treatment...
As our membership base
grows, our voice becomes
stronger...*