



THE VOICE

NATIONAL ALLIANCE ON MENTAL ILLNESS
PALM BEACH COUNTY

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FROM THE PRESIDENT—BY LIZ

As my term as President comes near the end, I look back and feel proud of the accomplishments our affiliate has made. The increase in our educational programs has been tremendous and this is illustrated by the large number of people on the wait lists. We've also increased awareness in the community, especially with the provider relationships we've built.

As I look back over my professional career, my work with NAMI has been the most rewarding. When I go home at night, I know I have helped another person, done the best job that I could do, and grown as a human being.

The question I would like to pose to you is "What if there was no NAMI/PBC?" I personally, cannot imagine where my son would be in his recovery or what I would have done if NAMI had not been there for me in my time of crisis. My message is directed to the family members and you've heard it before. We need your participation. NAMI/PBC is not like the Sierra Club or the Smithsonian where you pay your annual dues and you're done. Being a member of NAMI/PBC means participating in our events and volunteering your time as well. When NAMI/PBC has an event, we need your support. We have very little resources (\$25 of a single membership goes to support our State and National offices) and fundraisers bring in much needed revenue.

In order to have more family support groups, we need facilitators – those of you who have taken the Family-to-Family Course. We also need more instructors for our Family-to-Family Education program. We are three months out from our next course in January, and we already have 23 people on the wait list! The maximum is 20. When I try to recruit family members as instructors or group facilitators many tell me "I don't know all the information." I didn't know much more than what I had learned in the Family-to-Family Education course, but I learned very quickly by telling people that I didn't know the answer to their question, but would find out and get back to them. That's ok for people in crisis; sometimes we just want to be heard and

have someone there who understands what we are going through. Every family member has that knowledge and experience. And that's what makes our members so effective – we have the lived experience.

NAMI/PBC'S NEW PUBLIC SERVICE ANNOUNCEMENT (PSA)

SEARCY DENNEY SCAROLA BARNHART & SHIPLEY, P.A. – A personal injury law firm. Last month we contacted them to get involved in their "Taking Time To Care" program. After speaking with Robin Kriberney, Director of Community Relations, Searcy Denney graciously offered NAMI/PBC air time on Channel 5 during the month of October if we could provide them with a PSA. They also added NAMI/PBC to their website's list of volunteer organizations with a link to our website and invited us in to present our programs and services to their

NAMI/PBC General Meeting

"Mobile Crisis"

**Come learn about this vital community service
for psychiatric emergencies**

JOIN US AT

THE LANTANA LIBRARY

4020 LANTANA ROAD,
LANTANA, FL

**TUESDAY OCTOBER 12, 2010
AT 6:30 PM**

Free & Open to the Public

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

*NOTE: October Mtg moved to 10/14, same time.

WELLINGTON

Wellington Public Library on Royal Fern Dr

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

*NOTE: October Mtg moved to 10/18, same time.

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, October 24, 11:00am–12:00pm

staff on October 1.

VISUAL EVIDENCE – A video production company. Michael Downey, President of Visual Evidence, offered to produce NAMI/PBC's public service announcement at no charge. Visual Evidence has continually supported NAMI/PBC in the past by loaning their equipment for our Minds on the Edge program and participating in our Bloomingdale's Charity Event.

We want to extend a big THANK YOU to these two companies for their community support.

ELECTION OF DIRECTORS

The slate of nominees to the NAMI PBC Board of Directors has been compiled by the nominating committee. Resumes are available for review at the NAMI office for voting members of NAMI PBC.

Board members are to be elected by the general membership at the Annual Meeting which will take place on November 3, 6:30pm. We encourage all members to attend and engage in our process of continuing the good work of NAMI.

A TRIBUTE TO SUSAN OTTMER

Susan touched many lives during her short time with us. In honor of Susan we would all like to share our sentiments:

"Her sudden passing is such a dreadful shock. I would like to say how much she has touched so many lives by selflessly giving her time and so much valuable information & advice to other families. My thoughts and prayers are with George and their family. With deep sadness for their loss. Heaven holds a special Angel."—Jackie L.

"I was shocked to hear about Susan. I cannot believe she is gone. Susan was a very loving, caring and a wonderful friend. I will miss her."—Gladys K.

"Susan was a good friend and confidant. We shared many laughs, some tears and her passing has deeply affected me. She was



George and Susan Ottmer

a dedicated Board member and her service as a support group facilitator and volunteer was invaluable! I will miss her."—Liz D.

"I shared many NAMI meetings with Susan, and she had a lovely smile and was always friendly. She participated fully in our Board Meetings, sharing her ideas with groups and individuals. Susan listened carefully and spoke with authority. She reached out to others beautifully, and was well-loved in return by all who knew her as a friend and colleague."—Dorothy K.

"Many years ago I received one of those searching phone calls by a mother reaching out for answers for her many questions of what to do and where to get help?. We spoke for a few hours and my heart was once again sad by what families go through to find answers. For many years Susan found those answers as an advocate and a dedicated NAMI family student as well as giving back to the affiliate as a support group leader. Those answers were also found with her ever smiling George by her side. He too came to all those lessons and support group meetings. I believe my fondest memories will always be the quiet give and take they both had in their relationship and their spirit of love together to find those answers for them. They worked together and learned together. My love to all family members."—Deborah L.

In the short time that we've known Susan, we've grown to appreciate the unique person she was. Her devotion to her family was always evident and a top priority in her life. Her friends were sure to have a compassionate listener and advisor and often a humorous comment to bring levity to a tense situation. With NAMI, she added a great service to the community with her Support Group leadership and the compassion and direction she brought to the members of her group. Her wonderful partnership with George always warmed our hearts. Susan 's presence will be missed, but the

essence of her life will remain with us.—Anne and Pete S.

From NAMI acquaintance to mentor to colleague, this was the progression of our friendship. Always generous with her time, always ready to share her knowledge and experiences, always eager to learn, always available in emergencies, Susan embodied the spirit and mission of NAMI. Her inner strength and beauty were ever present in her dedication to the NAMI community. These qualities were especially evident in her absolute love for and devotion to her husband and children. I will miss Susan, especially her phone calls. No matter the intensity of our conversations, they always ended with a light comment and her giggle."—Sandy L.

I attended Susan's support group in Wellington. I deeply appreciate the time and effort that she devoted to helping others.—Marilyn W.

I first met Susan at the Wellington family support group meeting held monthly. This was usually a very emotional hour for me, but as time went on, whenever the group was about to begin, Susan would look at me and say "You, we are saving for last...". Susan always brought a smile to my face and her humor was of great comfort to me. I will truly miss her!—Pam Mc.

From years ago when Susan and George were members of my Family-to-Family class at the Cason Methodist Church in Delray, Susan has been an ardent worker for NAMI, always with George at her side. Her Wellington family support group has been among the most active and well-attended because she always went the extra mile, befriending and calling people needing her help. Her hard work and enthusiasm for anything NAMI will be difficult to duplicate. Her devotion to George and her family will always be admired when we remember Susan. I will miss a good friend.—Eileen T.

Susan was the sort of support group leader NAMI affiliates dream of having. Smart, energetic and caring, she used her personal expertise, research and creativity to help solve group members' problems. She never failed to answer people's e-mails and phone calls, and go the extra mile for them. She was a role model for us all; one who will be sorely missed and remembered with great fondness.—Ellie S.

I had the pleasure of meeting Susan years ago when she first became involved with NAMI/PBC and I was working in the office. She was wonderful to work with and I had many wonderful

ANNOUNCEMENTS

Wed., **Oct. 6**

Board Meeting 5:30pm NAMI office—*Call if attending*

Thurs., **Oct. 7**

Depression Screening Day MHA office, 909 Fern St., West Palm Beach.

Fri., **Oct. 8**

Murder In Palm Beach Mystery Dinner. Reservations Required.

Tues., **Oct. 12**

NAMI General Speaker Meeting - "Mobile Crisis" Lantana Library (See Flyer on page 1)

Weds., **Oct. 13**

Peer Place Open House - 9am-2pm, 2100 45th St., Ste B12, West Palm Beach

Wed. & Thurs., **Oct. 20-21**

Bloomingdales Charity Event Sale. \$10 tickets can be purchased through our website at www.namipbc.org or by calling the office at 561-588-3477.

Thurs., **Oct. 28**

Alpert Jewish Family & Children's Service Life Planning Resource Fair, 9:30am-12:30pm, Therapeutic Recreation Complex, 2728 Lake Worth Road, Lake Worth, FL

Weds, **Nov. 3**

NAMI Annual Meeting, 5:30pm, Location TBA

Weds., **Nov. 10**

NAMI General Speaker Meeting - Dr. Scott Poland "Safeguarding Our Children and Building Resiliency Skills for Today's World", 6:30pm, MHA, 909 Fern Street, West Palm Beach

conversations with her. Our condolences to her family. She will be sorely missed.—Sherre and Harold S.

*She would burst like sunshine into a room
With her incisive thoughts,
stately performance
and her own brand of wit;
She would forthrightly and methodically heal,
and in the process promote NAMI's work;
This unique woman lent NAMI meetings a balance
and underlying pragmatism;
And underneath it all shone her strong family values,
caring and devotion.*

—Cristina A. and Curtis R.

PEER TO PEER

BY LORI JO BAACH

I have taken an array of courses and trainings from how to build a website to attending traffic school to how to market an internet travel agency. Several months ago, I went to Maitland, Florida (near Orlando) to be taught on how to mentor a Peer-to-Peer class for NAMI. The experience was both stimulating and inspiring.

Several months prior to my enrolling in the Mentor Training, I, myself, was a student in the P2P class at the NAMI PBC office. I found the curriculum engrossing with each week building on the week before. I never missed a class. I participated. I learned from my peers aspects of mental illness refreshing to the routine protocol knowledge always presented as foundation. This is not a support group nor is it therapy; it is about education. I graduated from the class, diploma of completion and feeling and sense of personal satisfaction.

Highlights following me from the P2P class not only included all of the enhanced information I learned about mental illness in general and more specifically, how it directly applied to me, but the best part of it all was bonding with two friends with whom we rendezvous every month for lunch and share where we are at in our lives unconditionally.

While now mentoring the P2P class, I hope to invigorate my peers to gain something that exceeds their expecta-

tions. I wish them all opportunities to use the tools learned over the 10 weeks to make themselves more whole and strive to be more involved with NAMI somehow.

I encourage all peers in recovery who are currently under the care of a psychiatrist and feel ready to make a commitment to attend the 10 week P2P class to call the NAMI/PBC office at (561) 588-3477 to find out more information. It may make a positive difference in your life...forever.

UNDERSTANDING JAIL DIVERSION

BY JUDI EVANS, NAMI FL EXECUTIVE DIRECTOR

Over the past 18 years, there has been a dramatic growth of jail diversion programs for persons with mental illness and co-occurring substance use disorders. On January 14, 2010, the CMHS National GAINS Center convened a diverse group of researchers, policymakers, and jail diversion practitioners to assess what conclusion could be derived from the Targeted Capacity Expansion (TCE) Jail Diversion cross-site evaluation project data. The group reviewed the data collected from 14 post-booking jail diversion programs with the goals of establishing where the field is today and how the data available can be translated into policy and practice. The results of the national evaluation support the effectiveness of jail diversion programs on improving both public health and public safety outcomes and the individual successes demonstrated by participants, and strongly suggest we are moving toward a more valid model of "what works" to reduce criminal behavior. To read the report, go to: http://www.gainscenter.samhsa.gov/pdfs/jail_diversion/Getting_inside_the_black_box.pdf

AN INTRODUCTION TO REIKI

BY CRISTINA ANDREOLI

Reiki is a Japanese healing process which brings men-

tal, emotional, physical and spiritual balance. Reiki (pronounced ray-key) is a method of relaxation and stress reduction. It connects individuals to the universal force that is at the center of every living thing. Reiki is executed by a "laying on (of) hands" with techniques that hark back thousands of years. It is simple yet powerful. **Rei-** the spiritual wisdom- means spiritual consciousness- whilst **Ki-** life energy – is the non physical energy used by healers worldwide and **Ki** can be accrued and guided by the mind. This form of healing can only be practiced by a person trained in Reiki, or a Reiki master. You require an attunement to administer Reiki, and, during the attunement, energies are channeled into the client from a higher power. What does it do exactly? Reiki increases energy and heals personal problems. It clears the mind and increases sensitivity, also elevating levels of consciousness. People can get healed. Toxins stored in the body may be released- a cleansing process affecting the body, mind and emotions. With negative thinking and feelings comes Ki disruption. The functioning of the organs and tissues of the body may be affected by these blockages. Unless a blockage is released, illness can follow. Reiki works with other forms of therapy.

FREE DEPRESSION SCREENINGS OFFERED FOR NATIONAL DEPRESSION SCREENING DAY

OCT 7, 2010 - 2:00 PM - 5:00 PM

Are you or a family member feeling overwhelmed by the challenges of life? Do you think you might be having a problem with depression? The Mental Health Association (MHA) and the National Alliance on Mental Illness (NAMI) are offering brief depression screenings for free on National Depression Screening Day: October 7, 2010 from 2:00pm to 5:00pm at MHA's office at 909 Fern Street in West Palm Beach. Come and talk with a Licensed Registered Nurse experienced in behavioral health. The brief screening will take only 10-15 minutes. This community service is brought to you free of charge and you will leave with a list of resources to follow up. Please let us know if you plan to stop by-- Call 561-832-3755. Walk-ins are welcome.

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



Palm Beach County

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!*

1520 10th Ave N Ste D
Lake Worth, FL 33460-2069
T: 561.588.3477
F: 561.588.3499
WWW.NAMIPBC.ORG
INFO@NAMIPBC.ORG

Check here for renewal:

Name: _____

Address: _____

City/St: _____

Zip: _____ Phone: _____

Email: _____

I'd like to support NAMI/
PBC with a donation of:

- \$5 \$10 \$25
other:

\$ _____

I'm interested in vol-
unteering with NAMI/PBC.

I wish to receive
NAMI National's solicitations.

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

***Respect, Compassion
& Hope ... NAMI Works!***