



# THE VOICE

## NATIONAL ALLIANCE ON MENTAL ILLNESS PALM BEACH COUNTY

PUBLISHED MONTHLY  
ISSUE 9 ~ VOL. 10

**NOTICE:** All members will be automatically opted out from receiving contribution solicitations from NAMI National. Any member wishing to receive solicitations from NAMI National must provide us with that request in writing. Opting out of National's solicitations will in no way affect the information and materials you are currently receiving from NAMI National.

### FROM THE PRESIDENT—BY LIZ

A boost of energy may not be worth the cost! There are a lot of energy drinks and supplements on the market today. Many claim to be "healthy" for you, but beware. These products contain high amounts of sugar, caffeine and herbal stimulants and can actually be dangerous for persons with brain illnesses and persons taking psychiatric medications. I recently had personal experience with this when my son, who has been episode free for over a year and a half, began displaying subtle signs of mania. At first I chalked it off to excitement about a new project he was working on, but then came the personality change. Suddenly I noticed a significant change in his behavior – agitation, rudeness, and negativity. I sat down with my son to express my concern and to try and determine what had changed. And then I saw the six-pack of energy drinks in his room. I explained that those energy drinks are full of caffeine, but he insisted that it was caffeine-free. Sure enough, the container did indicate caffeine free, but the sugar was off the charts. I'm not familiar with all of the herbal stimulants that are on the market, but some products list *guaranine* which is caffeine. Other potentially harmful additives are panax ginseng (also called Asian or Korean ginseng), yohimbine, vinpocetine and 5-hydroxy tryptophan (5-HTP). My son also admitted that he had been drinking coffee in addition to the energy drinks.

I suggested that he consult with his therapist to get her view and she suggested he refrain from consuming any of these products, and coffee as well, for three days to see if I noticed a difference. It was amazing how fast he became himself again. I thereafter researched some of the ill-effects of the energy drinks for people with brain illnesses, and the information was very disturbing. The additives in these products can cause extreme dehydration, insomnia, nervousness, anxiety disorder,

and mood fluctuations, just to name a few.

- "Caffeine may contribute to agitation, irritability, and, possibly, interfere with antipsychotic medications. On the other hand, caffeine can markedly elevate blood levels of antipsychotic medications, increasing the probability of adverse effects. The possible mechanism explaining this finding is that caffeine and antipsychotic medications both compete for metabolism at the hepatic P-450 isoenzyme system. Patients with bipolar disorder are at risk for an exacerbation of manic symptoms when they consume large amounts of caffeine. This is due both to its direct psycho stimulant properties and secondary to increase renal excretion of lithium.
- Severe depression is correlated with high blood-caffeine levels.
- People with panic disorders are at increased risk of precipitating an anxiety attack after caffeine use."

Excerpt from <http://emedicine.medscape.com/article/290113-overview>, Caffeine-Related Psychiatric Disorders, Author: R Gregory Lande, DO, FACN, Clinical Consultant, Army Substance Abuse Program, Department of

### NAMI/PBC General Meeting

#### "IN OUR OWN VOICE"

People in recovery and family members share  
their experience, strength and hope of  
living with mental illness

JOIN US AT THE HAGEN RANCH ROAD  
BRANCH LIBRARY

14350 HAGEN RANCH ROAD,  
DELRAY BEACH

**TUESDAY, SEPTEMBER 14, 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 4<sup>th</sup> Saturday of the Month;  
10:30am–12:30pm

### LAKE WORTH

*NAMI/PBC Office on 10<sup>th</sup> Ave., No., Ste D*

Meets the 4<sup>th</sup> Monday of the Month; 3pm

### JUPITER

*County Library on Military Trail*

Meets the 3<sup>rd</sup> Thursday; 6:30–8pm

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

### WELLINGTON

*Wellington Public Library on Royal Fern Dr*

Meets the 2<sup>nd</sup> Monday of the Month; 6:30–8:30pm

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

## 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 10<sup>th</sup> Avenue N, Suite D, Lake Worth*

*SUNDAY, SEPTEMBER 26, 11:00AM–12:00PM*

**CALL 561-588-3477 FOR INFO**

Psychiatry, Walter Reed Army Medical Center.

Some may not experience any reaction to these energy supplements, however, it is important to share these incidents in the event someone else has the same experience. As is wise to do in all instances, if you are having problems with a lack of energy and lethargy, the safest thing to do is to talk with your doctor.

## NAMI/PBC VISIT TO FOUNTAIN HOUSE CLUBHOUSE, NEW YORK CITY

BY ANNE AND PETE SKOWRONEK

We stepped from the taxi into sizzling New York City, the heat reaching 103 degrees on Wednesday, July 7<sup>th</sup>. Our destination, 425 West 27<sup>th</sup> St: Fountain House. Liz and Andy Downey met us there as they had been graciously accommodated over night at the Fountain House guest house next door to #425. There is an American flag flying over the entrance to the brownstone building that is Fountain House.

Once inside we were immediately struck by the beautiful decor of the Clubhouse; a lovely open staircase in front of us and to our right a very homey living room/reception area. Adding to the warmth of this home were 4 people welcoming us to Fountain House. At this point Julio joined us and told us he was our tour guide for the morning.

What a tour it was . . . the Fountain House building at #425 has several adjoining buildings housing multiple units for varied services offered by this model clubhouse. We have read about these, but seeing this first-hand was indeed an amazing experience. Julio first took us to the "plant room". People there were tending plants, some of which would be placed in their beautiful courtyard adjacent to this room. During our hour plus tour we went up and down many stairways with Julio explaining all of the areas we visited.

Members of Fountain House are persons who have been diagnosed with major mental illness. These people are clubhouse members rather than patients, consumers or clients. This clubhouse offers members a multi-faceted range of services and programs including employment training and employment in the Clubhouse and surrounding community; assistance with pursuing higher education, managing money, finding housing and offering training for other skills. Those working in Fountain House are not paid and many work side by side



From Left: Pete and Anne Skowronek, Liz Downey

with staff.

Fountain House works to help people with mental illness remain out of hospitals and helps them to realize their social, vocational and financial goals. As we walked and observed the culinary, wellness, education, employment, clerical, and research units, the one word that most resonated with us was "opportunity". Here was a place that offered a professional self help program and hope for many, for reintegration into the community: opportunity in many forms.

When our tour with Julio was completed, we met briefly with Lorna Graev and thanked her for inviting us to Fountain House. She arranged for us to meet with the Director, Ken Dudek. Mr. Dudek summarized the history of Fountain House and answered our questions on its day to day functioning. We appreciated the time and information he gave to us.

It was quite a whirlwind tour. We wished we had more time to spend talking with the people working there. As we walked down West 47th Street away from Fountain House we all agreed that a dream we would like to become reality, would be to have our own Palm Beach County clubhouse.

## PRESENTATION TO HIGH RIDGE FAMILY CENTER

On August 11, NAMI/PBC presented to the staff at the High Ridge Family Center in West Palm Beach about NAMI's free outreach, support groups, and educational programs. Two NAMI volunteers, Cristina and Andrew, shared their experience and answered numerous questions. We would like to thank Dr. Twila Taylor for providing us with a tour and informing us of High Ridge's services. NAMI is very appreciative of being offered this opportunity as we, in turn, learned about a great resource in our county.

High Ridge Family Center is a three-month, Mon-Fri, residential treatment program, with an on-campus school, providing services to families that have "at-risk" teens, 11-16, that are experiencing problems at home, school or with their peers. For more information, you can visit their website at [www.highridgecenter.com](http://www.highridgecenter.com) or call 561-625-2540.

## SPIRITUALITY

BY PETER DAVEY

Talking about spirituality in my experience won't be hard to do. I look forward to it. I am active when it comes to speaking up: I have my own blog, I speak up at my A.A. meetings, and sometimes share or tell my story of my bipolar illness to NAMI/PBC's Family to Family Course.

Growing up I had a PMA (Positive Mental Attitude). I always had friends and family and no real problems. But around the time when my bipolar disorder came on, I took on fear and isolation. From hearing voices and feeling lower than the floor, I was short tempered and I didn't want to be in the situation I was in.

I learned to take charge of my recovery. Nowadays I know the importance of being honest with my doctor and therapist. I now appreciate being happy and having fun. I had to learn to surrender and accept my life. I started reading recovery books and spiritual books such as *A New Earth* and *The Power of Now* by Eckhart Tolle. I also learned about the ego and formed a spiritual book reading club where Emmit Fox's *Sermon On The Mount* taught me the Lord's Prayer and

*(Continued on page 4)*

## ANNOUNCEMENTS

**Sep. 1 - Oct. 6 - Nov. 3**

Board Meetings 5:30pm NAMI office – Call if attending.

**Sep. 14**

General Meeting 6:30pm (see front page notice)

**Sep. 24**

South County Coalition: Delray Community Breakfast  
Call 561-866-1850 for time and location.

**Sep. 26**

Peer Council Meeting 11:00am NAMI Office

**Oct. 8**

Murder Mystery Dinner 6:00pm, F.O.P. Lodge, 885  
62nd Dr., West Palm. Call for reservation 561-588-  
3477 or order online: [www.namipbc.org](http://www.namipbc.org)

**Nov. 13**

Community Garage Sale 8am-2pm – Free Advertising.  
Proceeds to support NAMI/PBC. Call for information:  
561-588-3477. **Deadline: September 15, 2010**

### NEW ADVISORY BOARD MEMBER

NAMI/PBC is pleased to announce the addition of  
Charlie Greene to our Advisory Board. Charlie has vol-  
unteered for many years on Mondays and Fridays for  
the affiliate and has recently stepped up to serve as our  
Office Manager. He also brings valuable business ex-  
pertise to our Advisory Board.

### PEER PLACE HAS MOVED!

Our friends have relocated to 2100 45th St., Ste B12,  
West Palm Beach. Good Luck in your new digs!

*(Continued from page 3)*

what it was truly about for the first time. I got a sponsor in A.A., starting working the 12 steps and learned the principles about a spiritual way of life. One of the things I've enjoyed recently is taking NAMI's Peer-to-Peer Course. Peer-to-Peer's mindfulness exercises have really helped me reduce stress and at other times of difficulty. And now having been

trained as a mentor I am able to share that experience with others.

All of these exercises that I have learned have been tools to help me connect with a power greater than myself. That leads me to the belief that we are all one. I believe that life is a spiritual journey and I think I'm on the earth to reach out and help others.

## TRAUMA INFORMED CARE

BY CRISTINA ANDREOLI

In August, Curtis and I worked at and participated in a very interesting Conference on Trauma which was hosted in Boca Raton by the Florida Peer Network. The event allowed us to meet up with Rose Delaney, the dynamic Executive Director. There was an initial spell-binding presentation by Tonier Cain, the country-renowned trauma survivor, whose specialized oratory skills have brought her story to the attention of providers, public policy and political officials, as well as, President Barack Obama.

Presentations underscored that “(emotional and physical) trauma brings the past into the present,” and is caused by the atrophy of the brain. The repercussions of trauma include a deregulated nervous system, the trouble being that, often, the social context cannot contain this deregulation. Triggers to past traumas, when activated, lead the person through an emotional whirlwind - shame, fear, aggression and disassociation – brought about by the activation of the body's amygdala. The resulting fear and flight response takes over the body, since the brain cortex and hypothalamus do not work well.

Trauma informed care interventions that work have to include the discovery and avoidance of triggers; and the elements of medication, psychotherapy and a nurturing environment. After carrying out interviews to identify the triggers, care staff have to accordingly modify their behavior. Strategies for trauma care, also, include identifying early warning signs in the client. The basic premise of the conference was that response to trauma is a learned behavior which can change – trauma care, therefore, gives trauma victims new coping skills and tools to use. Self-coping mechanisms that regulate emotions have to be learned by trauma survivors; and these could be taking walks, talking to a listener, working out, etc. In the final analysis, trauma care includes the creation of person-specific individualized prevention plans written by the clients and the care staff. The care given has to include elements of

respect and hope, and the message that the brain does regenerate. Additionally, the conference stated that it is important to bring trauma informed care to the schools.

## CIT INTERNATIONAL CONVENTION

BY DOROTHY KELLEHER, NAMI/PBC PAST PRESIDENT

The Crisis Intervention Team (CIT) recently held its first International Convention in San Antonio, Texas, in an exciting three-day event. Major Sam Cochran and Dr. Randolph Dupont, the creators of the Memphis Police Training Program, welcomed over 1,300 law enforcement officers and first responders from many countries. The Program provides information and procedures designed to deal effectively with citizens that have mental illness in crises, and, if appropriate, getting them to a treatment facility rather than to a jail.

The Opening Speaker was Judge Steve Leifman, internationally recognized with many awards for his continuous efforts to change the deplorable conditions which so many people with brain illnesses suffer under our current judicial system. Judge Leifman is currently Special Advisor on Criminal Justice and Mental Health for the Supreme Court of Florida. Dr. Frederick Frese, the Closing Speaker and a Board Member of NAMI National, spoke of his experiences as a person who has overcome the many obstacles he has faced with schizophrenia. His presentation was a mix of serious information and humorous anecdotes from his career as he became the successful and inspirational leader he is today in the mental health field.

The many meetings covered an ever expanding curriculum of material appropriate for inclusion in the 40-hour CIT law enforcement training courses now given globally.

The importance of the partnership between CIT and the National Alliance on Mental Illness (NAMI) was evident throughout the meetings. Palm Beach County was well represented and I had the honor of participating as a CIT trainer and a NAMI member.

Please contact the NAMI/PBC (561) 588-3477, should you wish to have further information on how to reach a CIT officer in your area should the need arise.

*You're invited to a murder...*

## MURDER IN PALM BEACH

You're invited to one of Harold A. Logan's (in) famous dinners. It's also a fund-raiser for HAAL, the Hawaiian Association of Authentic Leis, so bring your checkbook! Get ready to party on, but know this: Trouble is brewing for Mr. Logan.

**Your mission, should you choose to accept it, is to solve a murder.**

*Are you up to the challenge?*

We want you to be fully involved in the experience so please come in Hawaiian costume and in character—perhaps you're a world-renowned hula dancer? It's optional, of course, but it will enhance your whole experience. Use your imagination and get ready to have fun!

Who among you will become a cold-blooded killer? A victim?

Be warned and beware, it could be the person standing right next to you!

### THE WHODUNIT PARTY DETAILS:

**Date:** Friday, October 8, 2010

**Time:** 6:00 p.m.

**Location:** F.O.P. Lodge, 885 62nd Dr.,  
West Palm Beach, FL, 33416

Ticket Covers Dinner and Mystery

**Tickets:** \$30/person      \$200/Table of 8

All proceeds of this event go to support the National Alliance on Mental Illness of Palm Beach County — *Dedicated to improving the quality of life for persons affected by mental illness through outreach, support, education, advocacy, and eradicating the associated stigma.*

Call for reservations: 561-588-3477 or register online at [www.namipbc.org](http://www.namipbc.org).

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!*

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 volunteering with NAMI/PBC.

I wish to receive NAMI National's solicitations.

1520 10<sup>th</sup> Ave N Ste D  
Lake Worth, FL 33460-2069  
T: 561.588.3477  
F: 561.588.3499  
[WWW.NAMIPBC.ORG](http://WWW.NAMIPBC.ORG)  
[INFO@NAMIPBC.ORG](mailto:INFO@NAMIPBC.ORG)

*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.*

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