



THE VOICE

NATIONAL ALLIANCE ON MENTAL ILLNESS
PALM BEACH COUNTY

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LEGISLATIVE ADVOCACY

CRISTINA ANDREOLI

There are multiple problems at the mental health care level which have been brought to the fore by the past Tucson events. In the USA, if you have a heart attack you receive immediate help from the entire medical team. In issues of brain disorders, the mental health care system is fragmented and individuals with brain disorders are often not treated at all, or if they are, not in a holistic way. With Florida's "D" rating in mental health care, some 265,000 adults existing with mental illness in Palm Beach County, and given the possible State budget cut, we have to move away from the legislators' idea that we need to cut mental health funds. In this connection, the importance of NAMI/PBC's legislative advocacy becomes abundantly clear.

After a NAMI/PBC Legislative Committee meeting chaired by Elinor Siklossy, Curtis and I paid a visit to the home offices of Senator Maria Sachs and Rep. Joseph Abruzzo in February, where we conferred with their legislative aides. We said there is a need for their legislators to understand how important it is to retain and improve upon the health care system in Florida. We spoke to them of the problems existing in Palm Beach County in the area of mental health systems, including the social exclusion and isolation faced by peers. We stated that the detailed needs include benefits, access to medication, early intervention, housing, counseling, employment, socialization and education.

Finally, we briefed the legislative aides on the importance of understanding that saving money by

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 **NAMI Palm Beach County**
National Alliance on Mental Illness

PROUDLY PRESENTS...

**FLORIDA ASSERTIVE
COMMUNITY TREATMENT**

(F.A.C.T.)

Presented by

Dr. Steven Ronik

Chief Executive Officer

And

Mayra Reimer, M.S.

Director of Community Support

of

Henderson Mental Health Center

TUESDAY, APRIL 12, 2011

6:30 - 8:00 PM

**United Methodist Church
of the Palm Beaches**

**900 Brandywine Road
West Palm Beach, FL 33409**

(Chapel)

***NAMI/PBC General Meetings Are Free
& Open to the Public***

National Alliance on Mental Illness/PBC

***PALM BEACH COUNTY'S
VOICE ON MENTAL ILLNESS***

slashing the mental health budget is costlier in the long run, since peers end up in the E.R., criminal justice system and/or in homelessness. This latter option costs the State far more cumulatively in the long-run. We stated that treatment allows an individual with a brain disorder to achieve recovery and live a productive life. We mentioned the success stories in history: Abraham Lincoln and Governor Lawton Chiles, both with bipolar disorder. In emphasizing the important role that NAMI/PBC plays in education, support and advocacy for individuals, their families and communities, we expressed our hope that their legislators would join NAMI/PBC and help us to educate and change the environment. We asked that they not support the slashing of mental health budget cuts. In turn, the two legislative aides stated that the legislators that they represented would support our cause. They encouraged us to visit all the legislative delegation.

NAMI/PBC is grateful to Elinor Siklossy for chairing a remarkable Legislative Committee Meeting, where discussions centered on the talking points for the organization's legislative visits. Anne Skowronek, Dorothy Kelleher and I co-formulated the talking points. There will be an emergency Legislative Committee Meeting on Wednesday, March 30 at 1:30 pm at the Lake Worth office to discuss an agenda for NAMI/PBC's continued advocacy against the proposed State budget cuts. Also, Elinor Siklossy and Carol Faustmann will call the legislative aid of Senator Ellen Bogdanoff.

JEFF INDUSTRIES

CRISTINA ANDREOLI

The importance of learning skills and the existence of a therapeutic place for individuals with brain disorders (peers) cannot be underestimated. Today, there is evidence by researchers and scien-

tists that the brain regenerates with recovery. (Conversely, the more brain disorder episodes one has the more cognitive problems one has). What ultimately assists the affected brain apart from medications is using or working it, since studying and learning new skills improves our cognitive functions at all ages. In this connection, Jeff Industries is a special place dedicated to the development of long-term vocational and educational approaches for individuals with brain disorders.

For the last 20 years Claudia Roberts has been the Executive Director of Jeff Industries and the force in the sustained growth of the agency. In her presentation at a NAMI/PBC General Meeting held on March 8, at the United Methodist Church in West Palm Beach, Claudia thanked NAMI/PBC for having been instrumental in the creation of Jeff Industries. She stated that her agency is a place where individuals with brain disorders can learn "to do" products and/or services that make their lives feel and be productive. Jeff Industries comprises the AMIGOS drop-in center, providing "social, leisure and recreational activities for peers" and, also, a series of programs and "affirmative enterprises which provide paid employment and vocational training", e.g.:

- Ed Venture Charter School
- Tropical Sun General Construction and Woodworking
- Tropical Sun sign and Graphic Company
- Tropical Sun Cleaning
- Tropical Sun Embroidery.

Vocational training is available in graphics/sign making, woodworking, clerical, general construction, janitorial and food services. Starting in July, Jeff Industries will develop a marketing department which will involve peers and their products. The agency boasts a bakery, a café (Maurice) and supportive housing for peers. Community job place-

ment for peers is available, too. Claudia states that “money is a great motivational tool” for peers in Jeff Industries who range from 18-60 years old. NAMI/PBC wishes Jeff Industries continued success and looks forward to continuing to provide support to its peers and their families through its “life changer” educational programs and support groups.

NAMI/PBC 2010-2011 ANNUAL REPORT

CRISTINA ANDREOLI

We are pleased to announce the formulation of our Annual Report 2010. We invite our newsletter readers to read the Report posted in our Web site – www.namipbc.org - under the caption “**About us**”.

NAMI/PBC’s accomplishments in 2010 range from the success of its educational programs – Peer-to-Peer , Family-to-Family and Provider Courses – to the impact of its participation in the community’s Crisis Intervention Training (CIT) program. Additionally, NAMI/PBC has broadened its multiple support groups to include the Spanish-speaking Family and Young Adults Support Groups.

The challenges that the organization faces such as the legislative/government policy environment, it faces with a strong and very viable organization.

Our mission continues to be providing “advocacy, support and education with the goal to empower persons with mental illness and their families...” and working to eradicate the associated stigma.

We will implement the renewed NAMI/PBC 2010-2011 Strategic Plan and capitalize on the les-

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NAMI/PBC FAMILY SUPPORT GROUPS

WEST BOCA RATON

West Boca County Library

18685 State Road 7 Boca Raton, FL

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

BOYNTON BEACH/DELRAY BEACH

Hagen Ranch County Library

14350 Hagen Ranch Road, Delray Beach, FL

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

LAKE WORTH

NAMI/PBC Office

1520 10th Ave., No., Ste D, Lake Worth, FL

Meets the 4th Monday of the Month; 3pm

LAKE WORTH

Spanish Speaking

NAMI/PBC Office

1520 10th Ave., No., Ste D, Lake Worth, FL

Meets the 3rd Tuesday of the Month, 6:30-8pm

JUPITER

County Library on Military Trail

705 Military Trail, Jupiter, FL

Meets the 3rd Thursday; 6:30–8pm

WELLINGTON

Wellington County Library

1951 Royal Fern Dr., Wellington, FL

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

CALL 561-588-3477 FOR INFO

PEER SUPPORT GROUPS

NAMI CONNECTION

RECOVERY SUPPORT GROUP

Jo’s Place @ South County MHC

16158 S. Military Trail, Delray Beach, FL

Mondays, 1:30-3pm

YOUNG ADULTS SUPPORT GROUP

(18-28)

**For more information call the
NAMI/PBC office at (561) 588-3477**

sons learned from our capacity-building work under the Non Profits First Go Build Grant.

All our volunteers have shown a prodigious commitment to promoting the quality of our organization's work. We are very grateful to them and to all our supporters.

“CIT INTERNATIONAL,”

DOROTHY KELLEHER, FROM CIT INTERNATIONAL NEWSLETTER

CIT International, Inc., is a [non-profit] membership organization with [the following] primary purposes: facilitate understanding, development and implementation of Crisis Intervention Team (CIT) programs throughout the United States and in other nations worldwide; promote and support collaborative efforts to create and sustain more effective interactions among law enforcement, mental health care providers, individuals with mental illness, their families, and communities; and reduce the stigma of mental illness. CIT International works to accomplish this by raising public and stakeholder awareness through education and outreach; establishing and disseminating recommended standards for developing, implementing and sustaining crisis intervention programs; providing assistance to communities interested in developing CIT programs; supporting research and evaluation of CIT programs, and partnering with CIT programs in various localities to hold International CIT Conferences.

“RESPECT, COMPASSION &
HOPE...NAMI WORKS!

PEER COUNCIL MOVIES AND PIZZA EVENT

MIKE COBURN

On Sunday, March 13, twelve members of the NAMI/PBC Peer Council enjoyed a fun activity – seeing movies and then going to Portobella's restaurant for a pizza. We had a really good time socializing with each other. It was a beautiful day. We will be organizing other social and educational events.

BUSY/TIRED

LORI JOB BAACH

When I greet others I cordially ask, “How are you doing?” The responses I most frequently receive are either “busy” or “tired.”

In this fast food world we live in we need to slow down. We need to drive the speed limit of life that we set for ourselves. We will know what that acceleration is once “busy” is not always associated with “tired”. Keeping your day occupied is a positive course. Cramming your day with overwhelming details is not. There needs to be time to breathe freely and not be gasping for breath in your mind.

I often find myself in constant motion like an old hypo-manic cartoon character with endless, insane energy that never stops to just “be.” I transition from one task to another, “without a break” defining the word “segue.” Meanwhile, throughout the day, that energy surprisingly intensifies, not diminishes, with the speed of adrenalin that endures all other hormones in my body. My mind sometimes feels like it's racing against itself.

What a competition! I keep going and going and going. Busy. Busy. Busy. The final results lead to being (you guessed it) “tired.”

So, what can I do? “Slow down” is a concept of process. Instead of the “drive-thru”, save extra time to park the old fashion way and go inside to get the coffee. Use the bathroom when you need to use the bathroom; don’t hold it in until it’s an emergency and there is no choice but to park and rush inside that fast food place on the road. Eat healthy and give time to eat. No excuses that it is 2pm and you haven’t eaten since breakfast at 6am. \$.99 Chicken Mc Nuggets isn’t the solution. A crisp, green salad from a new venue each day will help give a break at normal lunchtime. While munching, visualize the (rest) STOP sign. And, don’t shovel it down. You’re not in a race. If you arrive at your next task 15 minutes beyond schedule, “Will it matter in 5 years?” “5 weeks?” “5 days?” Put everything in perspective.

Don’t forget to take your mid-day meds. Take a deep breath, regroup and carry on...No one needs to know the intricacies of the hustling going on in your mind. Focus.

Finally, at the end of the day, a flip of a light switch isn’t how winding down works. It is a system. Curtail contemplating all of the excess junk cluttering the brain. Ease up on the leftovers from the day’s “To Do” list. Down shift gradually. Recline in the mind...and then in your favorite easy chair. Who better deserves? The goal is to have had a “productive” busy day without the “tired” part magnetized to it.

If I could bottle this theory or create an “app” for it, I’d be guaranteed a guest spot on OPRAH!

PROJECT CONNECT

CURTIS RUSS

NAMI/PBC participated on March 25 from 9:00-1:00 pm. at the Project Connect Health Fair located at the Salvation Army in West Palm Beach. The Homeless Coalition and the Homeless Advisory Board had worked in unison to produce this event. The fair provided access to resources on Healthcare, as well as food, toiletries, clothing, grocery bags and haircuts to the homeless and to those at risk of being homeless. Breakfast and lunch were served to this population. A multiple array of Palm Beach County agencies, including, 211, the Health District, CARP and South County Mental Health Center participated in the event. NAMI/PBC was very pleased to participate in the fair, given that so many individuals with brain disorders are homeless. Anne and Peter Skowronek, Cristina Andreoli and I manned a table at the fair for the affiliate.

ANNOUNCEMENT

NAMI/PBC is proud to announce that the first session of the Spring Peer-to-Peer Educational Course (10 weeks) will be held on April 9 from 2:00-4:00 pm at the NAMI/PBC Office located in Lake Worth.

In addition, there will be another NAMI/PBC Family-to-Family Educational course (12 weeks) starting on April 16 from 9-12:00 am. The location is the NAMI/PBC Office in Lake Worth.

Please call the NAMI/PBC Office at 561-588-3477 for more information.

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

- Voting \$45 Family \$55 Professional \$65
 Corporate \$250 Open Door \$5

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:

- \$25 **\$50** \$100
other: \$ _____

- I'm interested in volunteering 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 & 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!***