

NAMI of Hernando

PO Box 5613 Spring Hill, FL 34611 ~ 352-684-0004

www.namihernando.org

NEWSLETTER

March 2010

Letter to the Membership

To the Hernando National Alliance on Mental Illness, NAMI Hernando

NAMI Hernando has had many changes in the last year. Our losses, of several key members, often seem more than our blessings. I would rather like to look at our BLESSINGS. NAMI made it through a year where we failed to obtain our major financial support. How BLESSED we are that we have finished this year in good financial standing. That is due to the hard work of our leadership which included excellent out reach for donations, funding from other sources, and frugal spending.

NAMI has enjoyed the support of the Jeff Web group and adopted a plan of growth that will take us into the future. How BLESSED we are that they chose us to help to further develop ourselves. Their expertise has brought us so much further towards meeting the goals of our mission, to educate on mental illness, advocate for and support those with mental illness.

NAMI has been BLESSED with new relationships that will increase our ability to carry our mission to the Hernando community. The new relationship with PHCC will have us touching a whole new arena, the student body of the college and their family of parents and faculty. Should we be able to establish classes on their campus, and begin the work for a campus NAMI affiliate it will be the first in the nation in place on a two year campus.

NAMI is BLESSED continue to grow our relationship with the faith based communities in Hernando, and look towards growing in these relationships to get the work of NAMI to more of our faith community groups.

NAMI is BLESSED to begin the work of making our drop in center stronger with professional leadership in place whenever we are open. The result will strengthen the programs there and strengthen our outreach through the center. This will help to organize much of the work being done so piece meal throughout the homes of the board members and the consumers that work on our projects. All projects can be pulled together and receive the professional attention they deserve. Work can begin to move toward a true Club House operation.

NAMI is BLESSED with members that want to learn the NAMI Basics program and carry the education on mental illness to the community interacting with the youth of Hernando. This is a population that we know will begin to express behaviors of mental illness, and working with the persons that are with them every day will place NAMI's wonderful body of knowledge in front of this new segment of our community.

NAMI has many BLESSINGS to cover. Some will be done smoothly, others may be bumpy as we begin to work in these new areas, but one thing is sure. We have a wonderful legacy of growth, a wonderful membership, and board of directors eager to grow and continue the mission of NAMI Hernando. Darlene is due more thanks than we can give, for her direction over the last years, and she will remain with us on our Advisory Board. With your help and support, NAMI Hernando will be successful in all of the paths of our many BLESSINGS in front of us. The NAMI team will work on to meet these goals.

Judy Thompson, *President NAMI Hernando*

NAMI HERNANDO is a non-profit, all-volunteer organization whose **Mission Statement** is: *To promote mental health wellness in our community through education, support, advocacy, empowerment and outreach.*



WHAT'S HAPPENING!

Weds. 3/7 & 3/12

Bowling!

2 p.m.

Call the Center for info!

Sun. 3/14

DAYLIGHT SAVINGS

Set your clocks ahead!

Weds. 3/17

St. Patrick's Party

5:30 p.m.

@ Beautiful Mind Center

Sat. 3/20

1st Day of Spring

Mon. 3/22

Board Meeting

4-6 p.m.

@ Beautiful Mind Center

Weds. 3/24

SHINE UPDATE

3 p.m.

@ Beautiful Mind Center

Go Paperless!

Get your newsletter in your
inbox!

Sign Up Online!

www.namihernando.org

Suicidal Thinking Takes a Toll on Caregivers:

When people with bipolar disorder experience depressive symptoms and suicidal thinking, their caregivers may end up depressed, a new study has found.

The study found that those who care for people who experienced an increase in suicidal thought and depressive symptoms also reported worsening health over time. The findings applied to both spouses and parental caregivers.

The researchers concluded that treatments focusing on the health of the caregivers must be developed and tested.

The study, published in the journal BIPOLAR DISORDERS, was entitled "Suicidal ideation and depressive symptoms among bipolar patients as predictors of health and well-being of caregivers.

NAMI Hernando comment. Al the more reason to take Family 2 Family. We include a class on self care for the caregivers and this is what our Wednesday support group for family and friends supporting someone with mental illness is all about.

Article from the Research line column of "bp Magazine Winter 2010 Issue "

St. Patrick's Day Party at The Beautiful Mind Center!

March 17th at 5:30 p.m.

Join Us for a St. Patrick's Day Irish Stew!

We will cook the Irish Stew at the center during the day.
If you would like to attend you must sign-up at the center.

Ingredients needed for the stew include:

carrots ~ onions ~ potatoes ~ stew meat (beef)

***if you plan to supply ingredients please confirm by Friday March 12th)*

Side dishes and desserts are welcome

Bring your Irish soda bread or biscuits,
green-colored (non-alcoholic) beverages.

***if you plan to bring side dishes or desserts please confirm by Friday March 12th)*

OR

\$2.00 donation for dinner

Donation will apply if you are unable to supply ingredients or side dishes.

IMPORTANT DATES:

Friday March 12th ~ call the center to confirm your ingredient/side dish
Tuesday, March 16th ~ LAST DAY to drop off ingredients at the Center

Irish music & good cheer provided!

Volunteers to help plan, setup, and cleanup would be greatly appreciated!

Shine Updates!

The Shine updates will be presented on...

Wednesday, March 24th @ 3 PM

Reporting on the updates on serving health insurance
need of elders and those on disability.

Presented by: Gene Lefebure

Gene has worked in the insurance industry for 30 years prior to retirement.

Board Members

Judy Thompson, President
VACANCY, V.P.

Lori Morrison, Treasurer
Mariann Eckman, Secretary

Kathy Chaykosky

Paul Kendrick

Dr. Louis T. LaPorta

Deborah Scherder

Rita Tice

Frank Chiapperino

David Welch

Advisory Committee

Deputy Jason Deso

Ryann Huff

Darlene Linville

**Beautiful Mind
Outreach Center Events**

Brothers I & II Plaza
10554 Spring Hill Dr.

352-684-0004

Tues., Thurs., & Fri.

1 pm ~ 5 pm

Weds.

3 pm ~ 5 pm

"Family Support Group" &

**"Consumer Wellness
Management & Recovery
Group"**

Every Weds. 3 ~ 5 pm

FREE CLASSES

***"Family to Family
Education"***

***For Registration & Info
Call Mariann 352-683-1350***

"Peer to Peer Education"

***9 Week Course
Call Center for info***

Volunteers

NEEDED

Apply Today!

***Email your resume to
namihernando@yahoo.com***



Pizza & A Movie is Back!

Back by popular demand...

50¢ a Slice

Pizza will only be provided attendees who have contributed to the purchase of the Pizza.

Consumers wishing to have pizza must arrive a 1/2 hour early so that we can order the pizza before the movie.

Let's Go Bowling!

***March 7th & 12th
at 2 p.m.***

Call Lori Stilgman for information

NEW COMMITTEE!

The Center has a new committee of board members that will be working to add guidance and more interaction with the public, consumers, and members coming to the Center.

If you have any questions or concerns about groups, or if you are interested in more activities please contact Rita, Marianne, or Deborah via email.

PLEASE NOTE:

Beautiful Mind Center will be open again on Fridays from 1 p.m. to 5 p.m.

Thank You Deb!!!

Grant Writing Workshop: Thank You!

The National Alliance for Mental Illness, NAMI Hernando, would like to thank all of the participants of the Grant Writing Workshop on February 9th and the St. Petersburg Times who donated their beautiful meeting room for the event and gave us great news coverage to promote it. Barbara Sweinberg gave an excellent presentation and is scheduling another one with us in late August or early September. Hopefully everyone who attended will be able to help many organizations with grant writing abilities and bring increase funding to our county in the many areas of interest the group represented.

The room was filled with people from this county, and a few from surrounding counties, who want to make a difference in the lives of those residents who are less fortunate. These people are definitely the heart of Hernando County, and a blessing to us and to the other areas they represented.

The attendees included ministers; representatives for organizations setting up food pantries; feeding hungry school children; finding housing for veterans and mentally ill; people from the arts, a singing organization needing grants for scholarship money and others. These attendees donated their time and money to learn a skill that may make others have a better life. So many organizations need volunteers and donations.

Get involved and make a difference in your community, watch for the next Grant Writing Workshop!

NAMI Hernando has provided classes, support groups, and social activities for peers and family members at the Beautiful Mind Center at no charge for the last 25 years in this community. NAMI also has a speaker's bureau to talk with your organization about mental illness.

NAMI always needs help at our Beautiful Mind Center and donations. Call us for information or to schedule a speaker at 684-0004. We will continue our commitment to our community to educate, offer support, advocate for, and eliminate stigma for the friends, families and those with the behaviors of mental illness who are members of our community.

Rita Tice

Have You Told Someone About NAMI Today?

NAMI Basics Education Program

The fundamentals of caring for you, your family and your child with mental illness

NAMI Basics is the new signature education program for parents and other caregivers of children and adolescents living with mental illnesses. The NAMI Basics course is taught by trained teachers who are the parent or other caregivers of individuals who developed the symptoms of mental illness prior to the age of 13 years.

The course consists of six classes, each lasting for 2 ½ hours.

****All instruction materials are FREE to participants.***

Classes may be offered weekly for six consecutive weeks, or may be offered twice per week for three weeks to accommodate the hectic schedules of parents.

What are the goals of the NAMI Basics program?

To give the parent/caregiver the basic information necessary to take the best care possible of their child, their family, and them self.

To help the parent/caregiver cope with the impact that mental illness has on the child living with the illness and the entire family.

To provide tools for the parent/caregiver to use even after completing the program that will assist in making the best decisions possible for the care of the child.

What does the course include?

Introduction to the stages of emotional reactions of the family to the of mental illness; including crisis, shock, denial, grief and acceptance.

Insights into understanding of the lived experience of the child living with the mental illness, including learning to separate the child you love from the illness that alters their behavior and abilities.

Current information about Attention Deficit Disorder, Major Depression, Bipolar Disorder, Conduct Disorder, Oppositional Defiant Disorder, Anxiety Disorders, Obsessive Compulsive Disorder, Childhood Schizophrenia and Substance Abuse Disorders.

Current research related to the biology of mental illness and the evidence-based, most effective treatment strategies available, including medications used to treat mental illness in children and adolescents.

Specific workshops to learn problem solving, listening and communication skills.

Examples of strategies that have been found helpful in handling challenging behaviors in children and adolescents.

Information about the systems that are major players in the lives of children and adolescents with mental illness – the school system and the mental health system.

Exposure to personal record keeping systems that have proven to be effective for parents/caregivers in their interactions with the school and healthcare systems.

Information on planning for crisis management and relapse.

Information on locating appropriate supports and services within the community to build a community of support for the parent/caregiver.

Information on advocacy initiatives designed to improve and expand services, with an emphasis on personal advocates for the parent/caregiver and child on an individual level.

(This information provided by www.NAMI.org national website)

2010 MEMBER APPLICATION: NAMI Hernando
Please Mail To: NAMI HERNANDO ~ PO BOX 5613 SPRING HILL, FL 34611

NAMI dues are yearly from January 1st to December 31st.

Today's Date: _____ Full Name: _____

Address: _____

Phone: _____

Email: _____

How did you hear about us?

Are You a...

- Consumer Family Member Business Sponsor
 Other: _____

Go to www.namihernando.org for more info

Gender: Male / Female

Birth date _____ / _____ / _____
Month day year

Race:

- Black Hispanic
 White Asian
 Other: _____

Dues Enclosed:

- Consumer \$3.00 per yr
 Family Member \$40.00 per yr
 Business Sponsor \$75.00 per yr
 Donation: \$ _____

**If you have any questions please call the Center or email namihernando@yahoo.com*

NAMI is an all volunteer, 501 (c) 3 non-profit, charitable organization whose goal is to provide education, support and advocacy for individuals living with a mental illness and their families. There is never a charge for a NAMI program. By providing the following information you will help us ensure funding that will allow us to continue to provide those free services.

NAMI Hernando
P.O. Box 5613
Spring Hill, FL 34611

**Support NAMI
Hernando In 2010**
~
**Send Your
Dues and
Donations Today**